

PERSONAL RESOURCE DIRECTORY

SUMMER 1991 ISSUE #35

Common Ground

BELIEF & DENIAL

INTERVIEWS

Sam Keen

Nathaniel
Branden

FEATURES

Katy Butler

Our Elders
Speak Wisdom

Sex in the
Forbidden
Zone

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Encountering
the Shadow

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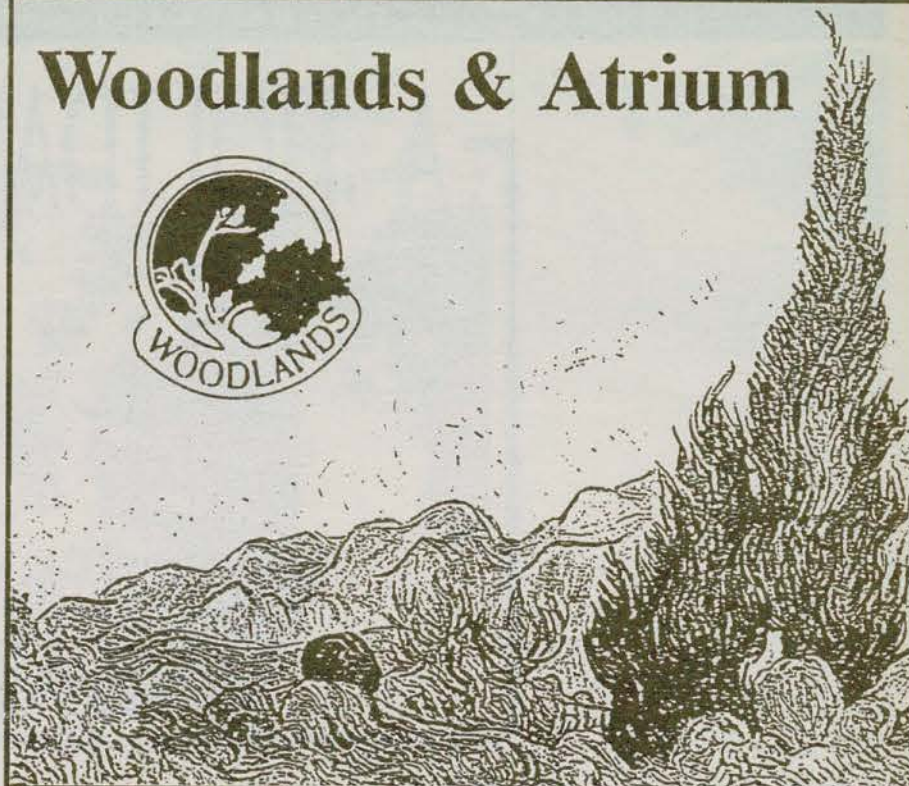
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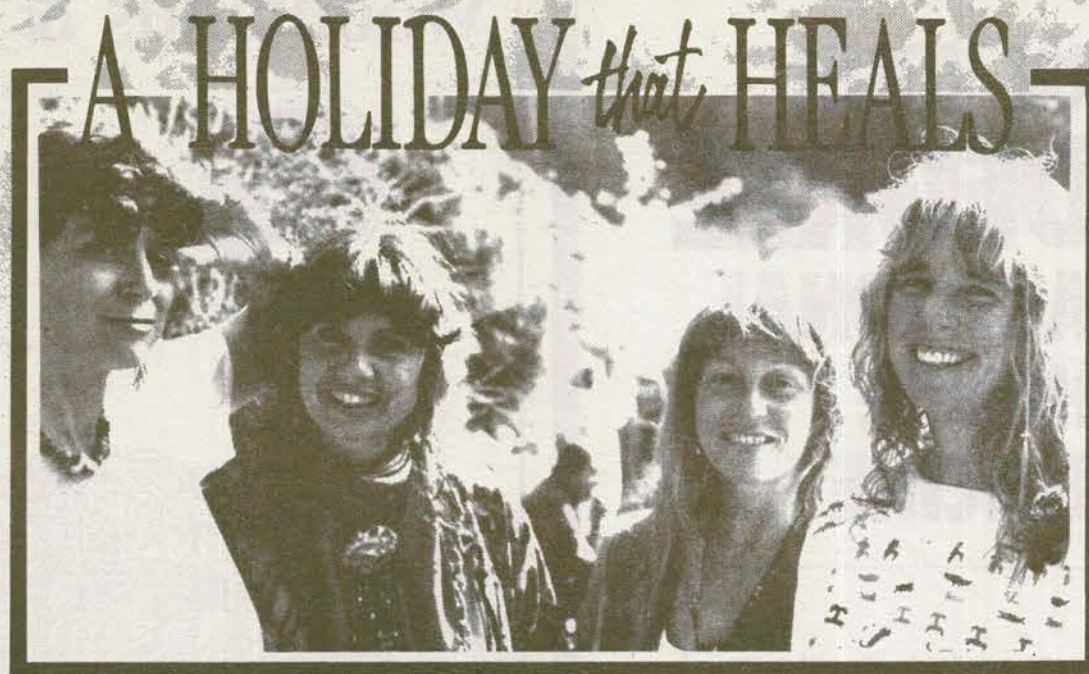
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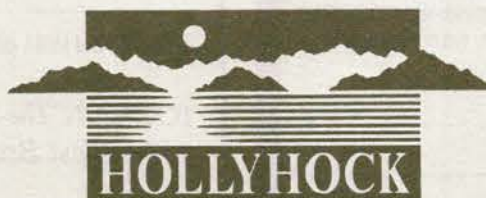
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Contents

- 6 In This Issue & Cover
- 10 Belief & Denial
Interviews by Julian Wake
- 8 Sam Keen Interview
by Joseph Roberts
- 9 Nathaniel Branden Interview
by Joseph Roberts
- 12 The Shadow Side of Buddhist America
by Katy Butler
- 13 Sex In The Forbidden Zone
by Katy Butler
- 14 Environmental Forum
Recycling Data Base
Mercury Fillings
Environment News Service
- 18 Nuclear Testing Accelerates The Arms Race
by Andrew M. Kajda
- 20 Crossword Puzzle
by Chantal
- 21 Fifteen Listening Principles
by Lee Coit
- 22 Personal Resource directory
- 61 Victoria Notes
by Julian Wake
- 62 Common Ground Questionnaire
- 62 Calendar
- 63 The Aristocrat
by Laughing Hand
- 64 Book Review
The Nature of Loving
- 64 Software Reviews
PubTech File Organizer 3.10
PageMaker 4.0
Maximizer 2.1
- 66 Our Elders Speak Wisdom
by Janis Foster

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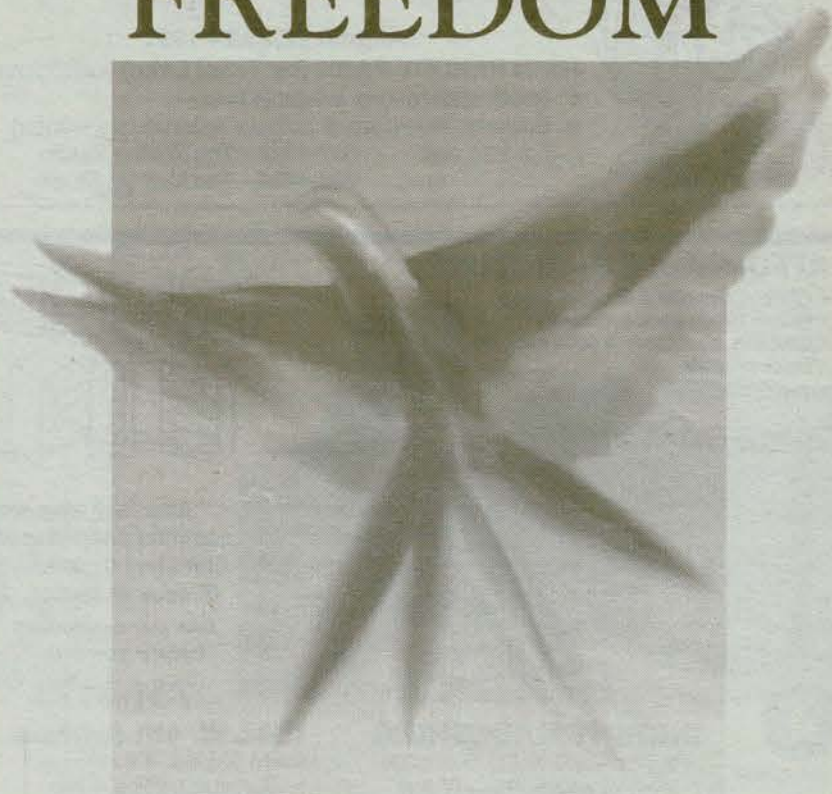
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In This Issue

The roses are blooming. Summer's sweet promise of warmth and love renewed draws near. This issue dives deep into many realms that Common Ground has not explored before.

Katy Butler's article touches a tender nerve that lies at the root of belief and denial. A similar article could have been written about many religious, political or business organizations... anywhere personal boundaries get blurred by blind obedience or deception.

We are especially asking you to write in and respond to principles raised by Katy Butler's articles. These articles are not indented to reflect on any particular group but to openly discuss in frank terms the dysfunctionality that is hidden by secrecy and denial. The processes described also apply to alcoholic families, abuse between an adult and child, or for that matter, in any relationship where there are major differences in authority and power. This is why incest taboos began. The weaker need to be protected.

It is a call to truly feel, think and act clearly, to take personal responsibility, live with compassion and take action. Honesty is still the best policy.

It is bizarre that at times those who we believed and trusted the most could betray us. There is also the aspect of searching inside to see how one enabled the situation. And yes, we do learn.

A surprising warning came in the mail. "Epidemic Alert. Food for thought #9. Be on the lookout for symptoms of inner peace. The hearts of a great many have already been exposed to inner peace and it's possible that people everywhere could come down with it in epidemic proportions. This could pose a serious threat to what has, up to now, been a fairly stable condition of conflict in the world."

What wonderful creative soul took the time to post such a letter? Find out more in Fifteen Listening Principles.

Computer software reviews bridge "High Touch" with "High Tech". In this information age, where computers could well become the Information only really makes sense if it is of service. sweat shops of the 90's, we need to keep perspective.

At Common Ground we gather this information so we can better serve you, our beloved readers. Please fill out the questionnaire on page #62 and send it in.

Julian Wake interviews several Victoria counsellors and healers on the theme Belief and Denial. Sam Keen and Nathaniel Branden interviews start off this edition. Two new features are being launched as well, a crossword by Chantal and a historical artwork by Laughing Hands.

Our Elders Speak is a profound work of beauty and truth that talks to us through pictures and words. May you find joy in this expression of human dignity.

This summer's edition has a plentiful bouquet of thoughts. So take the time to smell the roses.

Respectfully, Joseph Roberts.

Dear Common Ground readers:

It has been a pleasure to work at Common Ground for the past nine years, but now it is time for a change and I am moving on. I am proud of my association with Common Ground and I wish Common Ground every success and the best in the future.

Yours truly, Michael Bertrand

Cover

Reunion by Lori - Anne Latremouille (1987) Charcoal and pastel on paper. (original 30" x 44") This Vancouver born artist is respected by the Heffel Gallery. Currently her works are being exhibited at Simon Fraser University through June.



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Resource Directory

- 22 Events
- 25 Ongoing Events
- 26 Meeting Places
- 26 Animal Friends
- 28 Arts, Craft & Music
- 28 Books
- 31 Business Services
- 32 Communications
- 32 Computers
- 33 Education
- 35 Environment
- 36 Families, Children & Childbirth
- 36 Food & Nutrition
- 39 Gardening, Plants & Herbs
- 40 Health, Healing & Bodywork
- 45 Intuitive Arts
- 46 Looking Good
- 46 Marketplace
- 47 Martial Arts & Yoga
- 48 Men's Section
- 48 Movement, Fitness & Sports
- 48 Personal Empowerment
- 49 Prosperity & Opportunity
- 50 Psychology, Therapy & Counselling
- 53 Relationships
- 53 Restaurants
- 53 Spiritual Practices
- 55 Time Out & Travel
- 56 Women's Section

Victoria & the Islands

- 57 Events
- 57 Arts, Craft & Music
- 58 Books
- 58 Business Services
- 58 Education
- 59 Food & Nutrition
- 60 Health, Healing & Bodywork
- 60 Looking Good
- 60 Personal Empowerment
- 60 Psychology, Therapy & Counselling
- 61 Restaurants
- 61 The Island Card File

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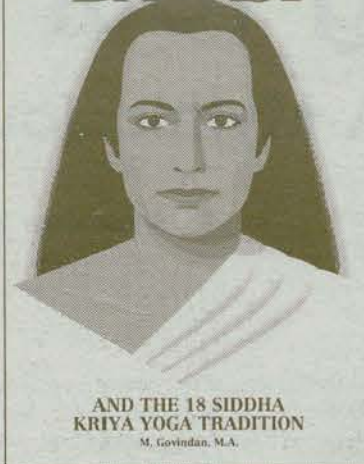
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Finding Your Meaning in Life

A Mythic Journey: Sam Keen

Interview by Joseph Roberts

Common Ground: You're giving a workshop entitled "Your Mythic Journey: Finding Meaning in Your Life", at the Naramata Centre. What are your plans for that workshop?

Sam Keen: I've worked for some years creating ways for people to recover the unconscious in their lives, in cultural myths and in corporate myths. I work on the hypothesis that, as Santiana the philosopher said, if we don't recall our history we're condemned to repeat it. If we don't look at the myths that are running us, like the myth of progress or our family myths, then we're going to repeat them. We're going to live them again and again, the way an abused woman or child will recreate situations in which there's abuse because they've never really looked at their own history and family myths.

The workshops are an effort to look at that as well as at the ways we've been taught by our culture and families to answer the great mythic questions. Where do we come from? Where are we going? What's worth doing? Who are the heroes? What should we sacrifice? What defines happiness?

Having looked at those, we create our own stories and write our own autobiographies, which are a replacement of the unconsciousness that we've lived already.

In the workshops I use techniques which I've developed over the years, most of which I talk about in my book, *Your Mythic Journey*.

CG: Your latest book, *Fire in the Belly*, is very popular. What special nerves do you think that book has touched?

SK: A large number of men are asking themselves what it means to be a man and what do we as men want. Robert Bly and

heavily influenced by coming from an alcoholic family with a missing father. Mine is influenced by coming from a family where the father was very present and warm. He was a musician and a person with an immense sense of beauty.

My viewpoint is also rooted in the work I did in *Faces of the Enemy* where I point out the centrality of the warrior image. I'm very critical of that, whereas Moore wants to preserve the warrior archetype.

My work also has a great deal to do with the dance that goes on between men and women. I try to analyze how both sexes are shaped by the complementary role.

The men's movement is more like the

marriage and getting together' is left unexamined. Nobody asks what is the purpose of the union. The romantic myth of relationship holds us captive. In a mature relationship we must ask what is the purpose of the relationship beyond the pleasure of being together. What is it that needs to be done in the world? What are we about as a couple? A strong relationship needs that third focus, a shared value that is more important than the relationship.

CG: Do you have a sense of God or creator?

SK: I have a deep commitment to a spiritual

conflict.

This old way of conducting foreign policy by violence reminds me of when I started to play pool. I couldn't make shots very well, but when I saw a lot of balls clustered up in one place, I would smash the cue ball into them assuming that if I busted up everything, something would end up in the pockets. That seems to be our foreign policy in the Mid-East.

One of the things I argue throughout *Fire in the Belly* is that those ways of conducting relationships in the world are coming to an end. We're entering into a different era. They have to come to an end. Our notions of heroism have to change or we're not going to be around.

Clearly the ecological movement has suggested we need a new myth — that of the husbandman, the one who tends the planet. So far we haven't recognized this.

This incidentally is where my work differs from the Jungian approach. We don't have models from the past that we can take into the future. We're going to be entering our future as machine-users and technological people. How does a technological people learn to respect the earth and come to love the limits that it must impose upon itself?

I think it's to give the glorious image of the warrior a rest for a hundred years. You can say, "Well I'm talking about spiritual warfare", but I think it's a mistake. There are times when images, concepts, or words become degraded by their past and need to be retired for a generation or so. Let's use our imaginations and create some other images, rather than polishing up the ones that have gotten us into so much trouble.

CG: Do you have personal experience with men's groups?

SK: I've been a member of a group of about a dozen men that have met every Wednesday night for 14 years.

CG: How has this helped you in life?

SK: That's like asking me how does friendship help you? We're friends. We talk. As a community of men we share our stories and our lives. We help in every way we can.

CG: When men are more healed what will we have to offer that is different?

SK: First of all, when men are healed we will have a full range of emotions, intuitions and sensitivities. Right now it's as if the majority of men are operating out of what Paul Tillich used to call "technological reason". They abstract themselves from life and become economic and technologi-

see MYSTIC page 70



photo Joseph Roberts

Every belief system is also a denial system

that whole group, in a sense, have asked those questions. I think of Robert as a piper of Lindsay, a poet who enchants and who has called out to men to begin this journey. My book gives a map of the men's journey.

CG: How would you say your work differs from that of Bly, Michael Meade or Robert Moore?

SK: I suppose, in the first place, my experience is different. Bly's experience is

movement of tectonic plates that underline our culture rather than a group of people getting together and saying let's form another movement.

Another major difference is that while I understand the wound that men have from their missing fathers, I think what haunts most men is more an absence of meaning. Most men in our culture are doing things with their lives they don't have a great deal of respect for so there is a sense of purposelessness.

CG: How do mature men and women work together to accomplish purpose and meaning in their lives?

SK: First of all, they have to have some kind of joint meaning and purpose. All too often

view of the world.

CG: How do you view the Gulf War?

SK: I don't think we went to war for oil or national security. We have an enormous need to create enemies and reassert an old male notion of the hero as the one who goes in and destroys the villain. During the war we had approximately a 90% approval rating and the troops were welcomed home as heroes without examining what was accomplished. We admit to killing 100,000 Iraqi troops, most of who were conscripted. However nobody has had the courage to estimate the number of Iraqi civilian casualties. We also displaced millions of Kurds. Nevertheless Saddam Hussein's position appears more secure in the aftermath of the



The Six Pillars of Self Esteem

*An interview with Nathaniel Branden
by Joseph Roberts*

Common Ground: What is your definition of self-esteem?

Nathaniel Branden: Self-esteem is the experience of being competent and worthy of happiness. It contains both these elements.

The experience that you're competent to live means confidence in the functioning of your mind, confidence in your ability to understand and judge the facts of your world. It means self-trust and internal self-reliance.

The experience that you're worthy of happiness means an affirmative attitude toward your right to live and to be happy; the feeling that happiness is your natural birthright and that it's appropriate for you to assert your legitimate needs and wants and to enjoy the results of your efforts.

We could say that contained in the experience of self-esteem is a sense of living really at the vital centre of your existence, of being the active cause of your responses and the generator of your own goals, so that you have a feeling that you are the power that directs the flow of your energy and of your life.

Self-esteem is a very profound human need. With it we have great personal power, great ability to grow, to love, to achieve. Without it we are chronically subject to fits of anxiety, depression, the feeling of I am not enough, and the consequences are that too often we choose the wrong mate, contract unhappy marriages, raise unhappy children. Our lives become filled with dreams that are never fulfilled, hopes that are never realized, ideas that are never followed.

I don't know any agenda more important than showing people what they can do that would raise the level of their own self-

esteem. It really amounts to giving them a much greater hold on the possibilities of personal power to achieve what they want in life.

For more than 30 years I've been researching and studying the psychology of self-esteem. My first big book on the subject, published in '69 is called "The Psychology of Self-Esteem". I've written quite a few books since then, of which the most recent on this subject is called "How To Raise Your Self-Esteem".

My obsession has been first for me to understand the dynamics of self-esteem and then to teach and show other people how they can raise the level of their own self-esteem. I do both in my practise of psychotherapy in Los Angeles and also through workshops.

CG: What does self-esteem depend upon?

NB: It has many sources, but most of them lie within ourselves. They lie with the practise of living consciously, bringing appropriate awareness to what we're doing, being present in what we're doing.

Second, is what I call the practise of self-acceptance; accepting who I am, not denying or disowning my body or my thoughts or my feelings.

Third, is the practise of self-responsibility. This means taking responsibility for my own life, for the achievement of my own goals, for my choice of companions, for how much awareness I bring to my work and relationships. It's taking responsibility for every aspect of my well-being.

The fourth key element that feeds healthy self-esteem I call the practise of self-assertiveness; the willingness to put myself out into the world, to stand up for my convictions and my honest feelings and beliefs. It's to not hide who I am in order to be loved or liked or as if I dare not speak my mind.

Fifth, the practise of living purposefully. That is to say having goals, aligning my actions with my goals and watching the outcomes of my actions to make sure I'm really going where I say I want to go. This allows me to experience a sense of control over my own life.

Finally, the practise of personal integrity; my willingness to walk my talk..... congruence between what I say I value and believe..... and the way I live and act. These are the six pillars on which healthy self-esteem depends.

CG: How long does it take to increase self-esteem and what are the first steps?

NB: It's the commitment to take on the project. The first step can happen in a moment. Anybody reading right now who is affected by these words and really wants to make a difference to his or her own life - in the moment of deciding to do something about it you begin to raise your self-esteem.

CG: How long does it take to increase self-esteem?

NB: It happens immediately as soon as you do the work, as soon as you start learning the processes and exercises. The improvement happens on the spot. It happens during the workshop and then we give you tools to carry it forward for the rest of your life.

CG: So, it's bringing one into the present moment where power and where decision exist.

NB: Exactly. One of the great tragedies is people's belief they can't change. In my experience people radically underestimate how much change is possible to them, how many options exist. So, part of the work is to show people choices of which they were unaware.

CG: How do you see belief affecting people's lives?

NB: Well, if I believe that I can do nothing, that for things to get better other people must change, obviously I'm paralyzed. So the first calamitous belief is that power resides in others rather than in myself. Another unfortunate belief is that people have to love me. The truth is they don't. Some will, some won't.

So the belief that's really important here is that I have to do what I think is right. I have to be myself. Then people who share my values will become closer to me than those who look at things differently. That's just the nature of life.

CG: How do group dynamics affect individuality?

NB: There's nothing wrong with forming associations for the purpose of achieving particular goals. The tragedy is that too many people of low self-esteem try to derive their identity and sense of personal worth from their affiliation with the group.

They surrender ownership of their own mind and judgment to the group. That is a tragedy.

Groups exist properly to serve the ends of individuals, not the other way around. You live in a society because it suits your needs and purposes to do so. You don't live in society because it would like to have you as a member.

One of the commonest ways of avoiding the great challenges of self-esteem is to submerge yourself in some mob, cult or group and to build your self-esteem from that membership, which does not work.

CG: How would you detect the presence or absence of self-esteem?

NB: By the pleasure in being alive; by the openness to new experience; by comfort in giving and receiving compliments; by comfort in giving and receiving criticisms; by the ability to preserve grace under pressure; by a general condition of relaxation; by a longing to find people one can love and admire versus people who merely will accept one; by a general attitude of generosity and magnanimity; by a posture that is relaxed, upright, well-balanced; by a face that is open; by hands that are relaxed; by eyes that are bright and curious.

Criteria like these are very useful for me in seeing the presence or absence of self-esteem. You look at people and you can see so much, if you know how to look, on how they feel about themselves, just by the way they stand, walk, move and speak.

Do I speak clearly? Do I allow you to hear my words? Do I mumble? Do I finish my sentences? Do I laugh apologetically at the end of a sentence to, in effect, erase its importance.

There are lots and lots of clues to tell you how much I am confident or not confident in myself, how much I trust myself or don't, and so on.

CG: Tell us about the program you're doing in Vancouver?

NB: My wife and I will do a program on self-esteem and personal transformation. It begins with a lecture on Friday evening, July 12, and the actual workshop is Saturday and Sunday.

CG: What are you currently working on?

NB: I'm writing a new book that explores

...the first calamitous belief is that power resides in others rather than in myself.

the various internal and external factors that contribute to high self-esteem. The book will be called *The Six Pillars of Self-Esteem*, scheduled for publication in 1992.

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See SIX PILLARS page 65

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"Core beliefs underlie all assumptions, attitudes, expectations ... and behaviour."

intention and by using symbols.

Some beliefs are going to be unconscious and we can, therefore, be said to be in denial, but let's be compassionate about it. We have good reasons for keeping them hidden. As we believe we can keep ourselves safe, then we can become conscious of what we have denied.

We can begin to identify core beliefs through dream records, personal dialogue and by examining life patterns and relationships; for instance, the belief that things happen to me or that I don't count, which

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& DENIAL

Counsellors and Healers in Victoria by Julian Wake

may show up as an addiction to taking care of other people.

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STAN TOMANDL

A counsellor in private practice who uses process work pioneered by Jungian analyst Arnold Mindell.

Process work has developed new ways of working with addictions and codependencies. These ways are based on the premise that codependent relationships and addictions are positive attempts at getting in touch with, and staying true to, our deepest beliefs.

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Bad moods, frustration, depression, jealousy or revenge result from not standing up for our core beliefs. Codependency happens when we expect others to support those beliefs.

Core beliefs are trans-personal and trans-cultural. For instance, 'I shall support life to the maximum.' or 'Thou shalt not kill' is a dark dream. Most people live in their dark dreams with the help of their internal and external critics.

There are two ways to learn to live

"Codependency happens when we expect others to support our beliefs."

your light dream. First, with words: become aware, articulate the negative and then posit the opposite. You know if it's true instantly. The world lightens, the backbone straightens. When you're aware of which dark or light dream you're in you can choose. Sometimes it's right to go darker. Sometimes it's right to just posit the light and stay with it.

The other way uses substances, which alter moods by affecting the body. The trouble with substances is they're hard on the body and don't take us far enough. For instance, it's better for men to be mellow from drink than to attack, but it gets to where one part of the personality doesn't know what another part does. Nature is right about its impulse to get us out of a stuck place.



LINDA WYNESS

Main counsellor for the residential programme at the Meridian Holistic Health Centre in Saanich.

In order to contain emotions we tighten muscles. The challenge is to find ways to release emotions. Denial is a useful defence mechanism but has a cost. Chronic pain is a denial of the body. It is a habit of denial. We may ignore the subtle messages of body symptoms until we're incapacitated. I often hear, 'I know when I should have stopped.'

The first step is to stop denying pain and the next is to find the message of the pain. The message may be a physical one, demonstrated by posture for example, such as 'Don't work so hard.' Or it may be about feelings or lack of feelings: frozen in terror by an accident, amnesia of a childhood trauma. Or an attitude like constantly push-

ing for performance because only what we do makes us feel worthy.

Belief systems limit the reality that we allow ourselves to experience. As we work through denial and become more conscious of our own reality (which often means changing our beliefs in who we are and how the world works), we have a better chance of a fuller life.

"Unconscious basic assumptions are not redressed by rational thought."

Unconscious basic assumptions are not redressed by rational thought. Pain is a way for the ignored parts of a person to get a message to the 'I'. If somebody's belief about who he is includes the body only as a machine that carries the 'I' around, then he is in danger of abusing his body.



DR. PHILIP KEMPLING

President of the Canadian Naturopathic Association, has practised twelve years in BC.

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See **HEALERS** page 19

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Encountering the Shadow In Buddhist America

By Katy Butler

One summer afternoon in 1982, a friend of mine stood on a street in Boulder, Colorado — under a bright blue Rocky Mountain sky — holding a bottle of sake. The wine was a gift for Vajra Regent Osel Tendzin, "Radiant Holder of the Teachings," second-in-command of Vajradhatu, then the largest branch of Tibetan Buddhism in the United States.

My friend entered an elegant, minimally furnished office. Tendzin — the former Thomas Rich of Passaic, New Jersey, round-eyed, mustachioed and wearing a well-cut business suit — rose from his chair and smiled. My friend shook his hand, grateful for the rare private audience. He had recently emerged from an emotionally repressive religious community in Los

Angeles, and a meditation retreat led by the Regent had introduced him to a more colorful, less guilt-inducing, spiritual path.

The men talked about Buddhism, love and theology. The sake level dropped inside the bottle. My friend, a little drunk, grew bold and raised the subject he feared most: homosexuality. There was a moment of silence.

"Stand up," Tendzin said. "Kiss me." My friend complied.

When the Regent requested oral sex, my friend declined. "I think you can do it," the Regent said cheerfully. The two men moved to a couch, and my friend's taboo against homosexuality was broken.

When it was over, Tendzin mentioned in passing that he had similar sexual

encounters several times a day. He offered my friend a ride, opened the office door and led the way through clusters of waiting assistants to a sleek car purring in the twilight below, a driver waiting at the wheel.

My friend later felt confused and embarrassed about that afternoon, but not bitter. "he pushed me into a homosexual experience, and yet at the same time, he was generous. I asked to see him, and he made time for me," he told me. "I felt a mixture of embarrassment and honor. I don't feel Tendzin abused me, and I don't want my sexual experience judged by anybody."

I often replayed my friend's story in my mind, like a videotape, searching for hidden clues to later events. I noted his fascination with the trappings of spiritual power and his discomfort with moral judgments. I observed Tendzin's routine transformation of a religious audience into an afternoon of drinking and sexual relations, and how casually he admitted to addictively frequent sex. I had to acknowledge that my friend had not been harmed; yet I saw in the incident the seeds of the disaster that followed.

Crisis of Leadership

In August 1990, Tendzin — who had assumed spiritual leadership of Vajradhatu in 1987 upon the death of Tibetan Buddhist teacher Chogyam Trungpa, Rinpoche — died of AIDS-related pneumonia in a San Francisco hospital.

According to members of the Vajradhatu Board of Directors, Tendzin had known for more than three years that he was infected with the AIDS virus. Yet he had continued to have unprotected sex with men and women students, without telling them, until December 1988, when the board warned Vajradhatu members and suggested they take the AIDS test. For some, the warning came too late. One of Tendzin's sexual partners — the son of long-time students — was infected with the AIDS virus. So was a young woman who had later made love to the young man.

Two members of the Vajradhatu board of directors had known of Tendzin's infection for more than two years, and had done nothing. The board had only informed the sangha after trying for three months to persuade the Regent to act on his own.

"Thinking I had some extraordinary means of protection, I went ahead with my business as if something would take care of it for me," Tendzin reportedly told a stunned community meeting organized in Berkeley in mid-December, 1988.

This crisis of leadership was hardly the only disaster to befall an American

Buddhist sangha. Venerated, black-robed Japanese roshis and their American dharma heirs have been exposed for having secret affairs. Other Buddhist teachers — Tibetan, Japanese and American — have misused money, become alcoholic or indulged in eccentric behavior.

As an American Buddhist, I found the scandals heartbreaking and puzzling. Buddhism is a 2,500-year-old religion devoted to ending suffering, not causing it. I also knew that the teachers involved were not charlatans, but sincere, thoroughly trained spiritual mentors, dedicated to transmitting the Buddhist dharma to the West.

Having watched and participated in Buddhist communities for more than a decade, I know that these misfortunes are more than a tragic dance between exploitation and naivete. Their roots lie not in individual villainy, but in cultural misunderstandings and hidden emotional wounds. And all community members, however unconsciously, play a part in them.

When Buddhism moved West, an ancient and profound Eastern tradition encountered a younger, more fragmented American society. The new American Buddhists enthusiastically built Japanese meditation halls lined with sweet-smelling tatami mats, and Tibetan-style shrine rooms with altars laden with ceremonial bowls of water and rice. Trying to build new communities, they cobbled together structures that combined elements of Eastern hierarchy and devotion and Western individualism. This blending of widely divergent cultural values was complicated by the fact that many students hoped to find a sanctuary from the wounds of painful childhoods and from the loneliness of their own culture. When the scandals erupted, however, many found themselves, like Dorothy at the end of the *Wizard of Oz*, "back in their own back yards," having unconsciously replicated patterns they hoped to leave behind. Now, as the shadow side has come to light, certain common elements within the communities are apparent:

- Patterns of denial, shame, secrecy and invasiveness reminiscent of alcoholic and incestuous families;
- Soft-pedaling of basic Buddhist precepts against the harmful use of alcohol and sex;
- An unhealthy marriage of Asian hierarchy and American license that distorts the teacher-disciple relationship; and
- A tendency, once scandals are uncovered, to either scapegoat the disgraced teachers or blindly deny the facts.



by Lori-Anne Latremouille

Sex in the Forbidden Zone

sexual abuse when she broke off contact with Eido Shimao-roshi of New York. "I wasn't judgmental about sex, or about a teacher having sex with a student, but in this situation it was an unloving act," she told author Helen Tworok, who profiled Stuart in *Zen in America*. "It was the misuse of sex — and of women — and the manipulations that were so devastating."

was very physically unrewarding, and after every time, I would feel just destroyed."

My friend's experience was not unique. Presumed taboos against sexual relationships between students and spiritual teachers from Asian traditions are frequently broken. When they end badly, these relationships cause the same damage seen in women sexually abused by therapists: guilt, emptiness, suppressed rage and an inability to trust. In the worst cases, women have tried to kill themselves, have been confined to mental hospitals, or have seen their marriages, their self-confidence or their religious vocations destroyed.

Jack Kornfield, a psychologist and co-founder of the Insight Meditation Society, informally surveyed 54 Buddhist, Hindu and Jain teachers in the United States as well as their students. In a 1985 *Yoga Journal* article, "Sex Lives of the Gurus," he reported that 15 of 54 were celibate. Thirty-four of the remaining 39 — including Tibetan lamas, Zen roshis, vipassana meditation teachers and Indian swamis — had had sexual relationships with their students, ranging from one-night stands to committed relationships ending in marriage. Half of the students told Kornfield that the relationships "undermined their practice, their relationship with their teacher, and their feelings of self-worth," he wrote.

Kornfield, a former Theravadan monk, said the teachers' motivation was not always a misuse of power, but a lack of training in the psychological dynamics of transference and counter-transference and "a longing for contact and intimacy, a longing to step out of the isolating role of teacher." Not all the relationships were disastrous, Kornfield added. Many teachers, from all traditions, including Kornfield, have married students or staff members they met during retreats.

The late Maurine Stuart-roshi, a Zen teacher based in Cambridge, Massachusetts, distinguished between sexuality and

While the distinction between sexuality and sexual abuse is a valuable one, others argue that such relationships almost always turn out badly because of enormous differences in power, experience and hope between the people involved. Peter Rutter, M.D., a San Francisco Jungian analyst, believes women are drawn into such relationships by psychological wounds: a background of incest, the desire to be deeply seen or the hope of spiritual and psychological healing.

But the promise of healing almost always goes unfulfilled, explained Rutter, author of *Sex in the Forbidden Zone: When Therapists, Doctors, Clergy, Teachers and Other Men in Power Betray Women's Trust*.

"The number of healthy relationships that emerge are miniscule," he said in a recent interview. "The damage is almost universal, and it is absolutely identical, whether the relationships take place within imported Eastern disciplines or Western psychotherapy." Rutter says the relationships bear the hallmarks, and cause the damage, of incest relationships. "There's the same difference in power, the built-in admiration for the symbolic father, and the inability to displease him or see that he is damaging her."

"These relationships are mostly temporary, and the women are usually discarded," Rutter said. "They break the student's connection to his or her own spiritual source, and that connection can be forever lost."

By Katy Butler

into his system, so that he could ... relate to us. It never occurred to anyone I knew that he was possibly an alcoholic, since that was a disease that could only happen to an ordinary mortal. And many of us were ignorant — we thought of an alcoholic only as the classic bum in the street."

An atmosphere of denial permeated the community in the 1970s and early 1980s, and other Vajradhatu students became heavy drinkers. "I found myself a nice little nest where I could keep on drinking," said one long-time Vajradhatu Buddhist, who was among a handful of Vajradhatu members who joined Alcoholics Anonymous (AA) in the early 1980s. Their recovery seemed to threaten others. The first woman to get sober was asked to quit the board of a home care organization founded by Vajradhatu members. "I felt such contempt for someone who had to quit drinking, and I treated her like a mental case," said the woman who got rid of her — a woman who has since joined AA herself.

When Trungpa Rinpoche lay dying in 1986 at the age of 47, only an inner circle knew the symptoms of this final illness.

See BUDDHIST page 16

In the late 1960s, a bright-eyed, patriotic woman I know entered San Francisco Zen Center intending to give her heart to the practice. She was in her early twenties, shaken by a failing marriage, with a fierce, lion-hearted energy that kept her back straight for long hours in the meditation hall. Several years after the death of her first teacher, her second teacher — who was married — pressured her to abandon her plans to attend the rigorous winter training period at the Tassajara monastery and to become his personal assistant. She resisted for months, knowing that this would mean living in his house and travelling with him. After she finally agreed, he asked her to enter what he called a "practice relationship" with him that was to be kept a secret from the rest of the community.

"I'd never really felt intimate, never really felt known before," she told me recently. "Until he began to relate sexually to me, he had been the most important man I'd ever met, a wonderful teacher. He touched my deepest primal self, and I felt the promise of a spiritual intimacy that I longed for with my whole being. I very much hoped that by breaking through to that forbidden area I would somehow, magically, break through to all that was held frozen and paralyzed within me."

For six years, my friend remained enmeshed in this secret sexual relationship. It healed none of her old wounds; it created new ones. She became a priest, but at the same time, she was guilt-ridden, isolated by secrecy from the rest of the community, and yet unable to pull away. Even after ending the relationship, she guarded its secret for years. She ultimately gave up her priest's robes, left the community and entered therapy to repair the damage.

"As soon as we became sexually involved, any possibility of real spiritual intimacy with him ended," she told me recently. "And so did my trust of my own inner center. It felt like incest to me — it

ship, traditionally more devotional than anything in other Buddhist schools.

Trungpa attracted thousands of well-educated people who soon created the largest, most creative and least conventional of American's non-Asian Buddhist communities. He was surrounded by students, poets Alan Ginsberg and Anne Waldman, playwright Jean-Claude van Italie, Shambhala Publications publisher Sam Bercholz, and Rick Fields, author of a respected history of American Buddhism. Based primarily in Boulder, students ran businesses; founded Naropa Institute, an accredited Buddhist university; edited a journal on contemplative psychotherapy; and published a widely-read bimonthly Buddhist newspaper, the *Vajradhatu Sun*.

They also gave the wildest parties in Buddhist America. Although most Tibetan Tantric schools clearly discourage "acting out" passions and impulses, Trungpa Rinpoche did not. Drunk and speeding, he once crashed a sports car into the side of a joke shop and was left partly paralyzed. He openly slept with students. In Boulder, he lectured brilliantly, yet sometimes so drunk that he had to be carried off-stage or held

upright in his chair.

To student Jules Levinson, a Tibetan scholar and Ph.D. candidate at the University of Virginia, the stories "were very upsetting — that he drank a lot, that he slept around." Yet at the same time, Levinson was grateful to Trungpa. "I found him gentle, delicate, provocative and nurturing — the most compassionate person I have ever known. I just couldn't put it together," he said.

Some students, replaying dynamics from their alcoholic families, responded to Trungpa Rinpoche by denying and enabling his addictive drinking and sexual activity. "I served Rinpoche big glasses of gin first thing in the morning, if you want to talk about enabling," said one woman, who had watched her own father die of alcoholism.

Others resolved their cognitive dissonance by believing that their teacher had transcended the limitations of a human body. "Trungpa Rinpoche said that because he had *Vajra nature* [a yogically transformed and stabilized psychophysiology], he was immune to the normal physiological effects of alcohol," said one student. "We bought the story that it was a way of putting 'earth'

As a member of San Francisco Zen Center in the early 1980s, I was mystified by my own failure — and the failure of my friends — to challenge the behavior of our teacher, Richard Baker-roshi, when it seemed to defy common sense. Since then, friends from alcoholic families have told me that our community reproduced patterns of denial and enablement similar to those in their families. When our teacher kept us waiting, failed to meditate and was extravagant with money, we ignored it or explained it away as a teaching. A cadre of well-organized subordinates picked up the pieces behind him, just as the wife of an alcoholic might cover her husband's bounced check or bail him out of jail. This "enabling," as alcoholism counsellors call it, allowed damaging behavior to continue and grow. It insulated our teacher from the consequences of his actions and deprived him of the chance to learn from his mistakes. The process damaged us as well: We habitually denied what was in front of our faces, felt powerless and lost touch with our inner experience.

Similar patterns were acknowledged at Zen Center of Los Angeles in 1983, when their teacher, the respected Hakuyu Taizan Maezumi-roshi, entered a treatment program and acknowledged his alcoholism. "We were all co-alcoholics," one of Maezumi's students told Buddhist historian Sandy Boucher. "We in subtle ways encouraged his alcoholism [because when he was drunk] he would become piercingly honest."

A similar process may have taken place at Vajradhatu in the 1970s, as students attempted to come to terms with their teacher, Chogyam Trungpa, Rinpoche, a maverick, Oxford-educated Tibetan exile who was brilliant, compassionate and by any common-sense Western perspective, alcoholic.

Trungpa Rinpoche, the 11th incarnation of the Trungpa Tulku, was the teenage head of several large Tibetan monasteries when the 1959 Chinese invasion tore him from his native culture. Eager to meet the West on its own terms, he gave up his robes for a business suit, fell in love with Shakespeare and Mozart, and married an English woman. He sometimes lectured with a glass of sake in his hand.

Trungpa Rinpoche taught that every aspect of human existence — neurosis, passion, desire, alcohol, the dark and the light — was embraced and transmuted. He called his wild approach "crazy wisdom," referring to a small but genuine tradition of revered, eccentric Tibetan yogis — most of whom worked intimately with one or two students.

Buddhist teachers — even those uneasy with his behavior — admired Trungpa Rinpoche for his brilliant translation of Buddhism into Western terms. Wary of importing Tibetan cultural forms, he first taught his American students a simple, Zen-based sitting meditation. He then gradually introduced the elaborate Tantric disciplines that distinguish Tibetan Vajrayana Buddhism from almost all other Buddhist schools. Students completed foundational practices, including 100,000 prostrations, and attended a three-month seminary in the mountains. Advanced students were ceremonially initiated into confidential Tibetan practices of meditative visualization. Teacher and student entered into a relation-

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Health Action Network members Beryl Balfour and Cindy Herke are two British Columbians who have had first hand experiences which convinced them of the

See FILLINGS page 39

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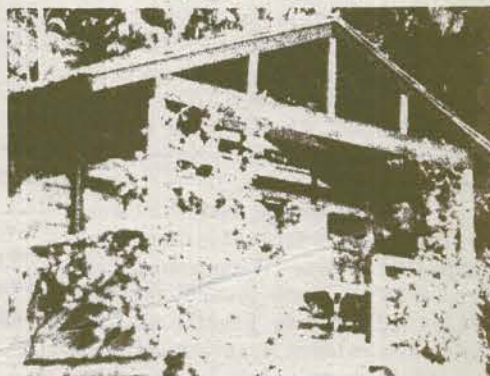
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BUDDHIST cont. from page 13

Few could bear to acknowledge that their beloved and brilliant teacher was dying of terminal alcoholism, even when he lay incontinent in his bedroom, belly distended and skin discolored, hallucinating and suffering from varicose veins, gastritis and esophageal varices, a swelling of veins in the esophagus caused almost exclusively by cirrhosis of the liver.

"Rinpoche was certainly not an ordinary Joe, but he sure died like every alcoholic I've ever seen who drank uninterruptedly," said Victoria Fitch, a member of his household staff with years of experience as a nursing attendant. "The denial was bone-deep," she continued. "I watched his alco-

holic dementia explained as his being in the realm of the *daikinis* [guardians of the teachings, visualized in female form]. When he requested alcohol, no one could bring themselves not to bring it to him, although they tried to water his beer or bring him a little less. In that final time of his life... he could no longer walk independently. At the same time there was a power about him an equanimity to his presence that was phenomenal, that I don't know how to explain."

Some students now feel that the Regent Osel Tendzin suffered from a similar denial of human limitation, as well as ignorance of addictive behavior.

"Many students who are outraged by the Regent's behavior seem to think he

arose out of nowhere," one student said. "They're not using their Buddhist training about cause and effect. I think the Regent has emulated in a more extreme and deadly fashion a pattern of denial and ignorance exemplified by Trungpa Rinpoche's own attitude to alcohol."

Family Secrets

By the time the crisis broke, a small but significant minority of Vajradhatu students had begun to deal with wounds left by family alcoholism and incest. By the mid-1980s, about 250 Vajradhatu members around the country — mostly wives of alcoholic husbands — had joined Al-Anon, an organization modeled after AA for the

families of alcoholics, and more than a score of sangha members had joined AA. Soft drinks were also served at Vajradhatu ceremonies, and the atmosphere of excessive drinking diminished.

Those in the 12-Step movement were a minority, however, and certain stubborn patterns persisted. For example, the Regent himself sought to suppress any public discussion of the crisis, creating an atmosphere reminiscent of an alcoholic family's defensive secrecy.

When editor Rick Fields prepared a short article for the *Vajradhatu Sun* describing the bare bones of the crisis, he was forbidden to print it. "There have been ongoing discussions, both within community meetings and among many individuals, about the underlying issues that permitted the current situation to occur," read the banned article. "These issues include the abuse of power and the betrayal of trust, the proper relationship between teachers with spiritual authority and students, particularly in the West, and the relationship between devotion and critical intelligence on the spiritual path."

In the article's place, Fields printed a mute drawing of the Vajradhatu logo — a knot of eternity — stretched to the breaking point over a broken heart. In March, Fields again attempted to run his article and was fired by the Regent. When the board of directors refused to support him, he formally resigned, saying the Buddhist teaching in the West "would be best served in the long run by openness and honesty, painful as that may be."

The suppression of public discussion echoed both the Asian tradition of face saving as well as the dynamics of alcoholic families. "There's a sense of family secrets, things you don't talk about, especially with outsiders," said Levinson. "Shortly after the news came out I wrote to the Regent and said, 'If the rumors are true, then [those actions] don't seem to be in accord with the dharma, but it doesn't make you a devil. The most important thing is what we do now. I would really like you to come talk to us openly, in small groups, at least in Boulder and Halifax, as your health permits. If you can do that we ... may be able to re-

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establish some trust.' My biggest heart-break is that he hasn't done that."

Cross-Cultural Clashes

For more than a year, the stalemate stretched Vajradhatu to the breaking point. Tendzin publicly but obliquely acknowledged violating Buddhist vows, but he declined to accept responsibility for infecting others. He remained on retreat in California, until his final illness, with a small group of devoted students, defying a request by the board of directors that he withdraw from teaching. In Boulder, some anti-Regent students virulently and unrealistically blamed him for the entire disaster, while pro-Regent students practiced what might be called "devotional or transcendental denial." They urged the preservation of the Buddhist teaching lineage at the expense of facing what had happened. Many others fell into what one senior student called "the heartbroken middle." In a letter widely distributed in Boulder, one student wrote, "If the Board and the Regent cannot work out their differences with compassion and intelligence, the sangha will be shattered."

The community consulted Tibetan lamas to resolve the impasse, but their responses reflected an Asian emphasis on face-saving, hierarchy and avoidance of open conflict. Although it is unclear how much he understood the situation, one venerated lama, the late Kalu Rinpoche, forbade his American students to comment in the media on the Vajradhatu disaster. Another, the Venerable Dilgo Khyentse, Rinpoche, first asked the Regent to go into retreat but urged Vajradhatu students to respect the Regent's authority.

It was too much for many students to stomach. "This is a living nightmare for us," said Robin Kornman, a long-time Vajradhatu meditation teacher and a graduate student at Princeton University. "We are being told to follow a person we are certain is deeply confused."

Buddhist students at other centers have experienced similar cross-cultural problems. In the late 1970s, Zen student Andrew Cooper became disturbed when he realized that his Japanese roshi "discouraged the expression of personal disagreement, doubt or problems within the community, even when those problems were undeniably real and potentially disruptive."

Cooper, now a graduate student in psychology, thought his teacher was hypocritical until a friend who had lived in Japan told him that the Japanese have no notion of

hypocrisy, at least not in the sense we in the West do. "For the Japanese, withholding one's personal feelings in order to maintain the appearance of harmony within the group is seen as virtuous and noble," Cooper wrote in an unpublished paper. "This attitude is part of the structuring of Japanese social relations — it has a place there. But when it is imported under the banner of enlightenment and overlaid on an American community, the results are cultish and bizarre."

Asian Deference and Western License

The results are particularly troublesome when communities import Asian devotional traditions without importing corresponding Asian social controls. Chogyam Trungpa, for instance, came from a society where the sense of "self" and the social controls on that self were very different from those in the West. Raised from infancy in Eastern Tibet as an incarnate lama, he headed a huge institutional monastery at

19. He was granted tremendous devotion and power, but his freedom was rigidly circumscribed by monastic vows of chastity and abstinence, and by obligations to his monastery and the surrounding community.

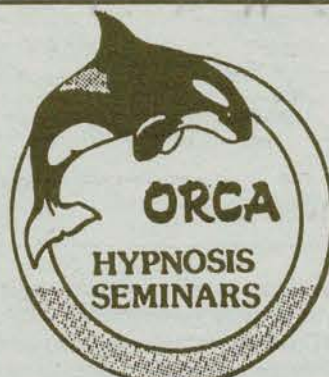
But these social controls did not exist in the society to which Trungpa Rinpoche came in the freewheeling 1970s. His American students' behavior was loosely governed by contractual relationships; by frank, open discussions; and by individual choices rather than by shared social ethics and mutual obligation. His ancestors had lived in the same valley for generations; when he first arrived in America, he flew from city to city like a rock star. While America removed all social limits from Trungpa Rinpoche's behavior, his students became his household servants, chauffeured his car and showed him a deference appropriate to a Tibetan lama or feudal lord.

The same deference was shown to his dharma heir, Osel Tendzin. "His meals

were occasions for frenzies of linen-pressing, silver-polishing, hair-breadth calibrations in table settings, and exact choreographies of servers," said television producer Deborah Mendelsohn, who helped host Tendzin when he gave two meditation retreats in Los Angeles, but has since left the community. "When he travelled, a handbook went with him to guide his hosts through the particulars of caring for him, including instructions on how and in what order to offer his towel, underpants and robe after he stepped from the shower."

This parody of Asian deference, combined with American license, ultimately proved disastrous, and not only at Vajradhatu. At Zen centers as well, students took on Asian gestures of subservience while their teachers sometimes acted "freely": drinking, spending money, making sexual advances to women or men, all with precious little negative feedback.

See BUDDHIST page 19



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NUCLEAR TESTING ACCELERATES THE ARMS RACE

by Andrew M. Kajda

There have been more than 1800 nuclear explosions since the first nuclear test at Alamogordo, New Mexico USA in 1945, in preparation for the destruction of Hiroshima and Nagasaki. Each test, costing 12-70 million US dollars or its equivalent in roubles, pounds, francs and yuan, helps add new generations of weapons to the already bloated nuclear arsenals of the 5 nuclear weapons states: USA, USSR, UK, France and China. The first test of 1991 took place May 7th, the second was carried out May 18th in the South Pacific, at the coral atoll Mururoa, measuring 60 kilotons.

There are over 50,000 warheads in the global nuclear arsenals, enough to kill every person in the world many times over. However nuclear testing continues, fuelling the arms race, in spite of more than 35 years of international efforts to halt it.

WHERE ARE THE TEST SITES?

Britain and the USA test nuclear weapons in Nevada Desert in the middle of the United States. France tests at Moruroa and Fangataufa, two fragile coral atolls among the islands of Polynesia a long way from France, but close to the indigenous people of the Pacific Ocean.

China tests at Lop Nor, in Sinkiang Province, close to its eastern borders. The Soviet Union has two test sites, the primary polygon in Kazakhstan at Semipalatinsk, and secondary sites on the Arctic island, Novaya Zemlya.

HEALTH AND ENVIRONMENTAL HAZARDS OF NUCLEAR TESTING

Although the pollution from underground tests is not as lethal and dramatic in the short term as that of the earlier atmospheric tests, it still causes damage to our environment. Warheads are detonated in shafts underground. The explosions blow huge cavities that fill with molten rock and radioactive debris.

Even without accidents, of which there have been too many, there is evidence that some radioactivity leaks to surrounding areas through venting, leakage and seepage. Underground testing depends on the damaged geology of the site to keep the radioactivity securely contained for tens of thousands of years. This is a risky gamble.

The Nevada test site has been described as

a moonscape pitted with huge craters. According to Physicians for Social Responsibility (an association of doctors in the USA, affiliated to the Nobel prize winning International Physicians for the Prevention of Nuclear War, IPPNW) one third of the tests at Nevada vent radioactivity into the surrounding atmosphere.

There is mounting evidence of leakage of radioactivity from the tests at Moruroa, too. Moruroa is showing increasing signs of disintegration, with wide cracks and fissures caused by the underground nuclear explosions.

If the coral atoll breaks up, the radioactive materials contained in over a hundred shafts and testing chambers will be spilled into the Pacific Ocean. The French solution seems to be to move its larger tests to Fangataufa, a site as vulnerable as Moruroa.

Little is known about the effects of Soviet testing, but neighbouring countries have complained of unusually high radioactivity following particular tests. For example, leakage of Iodine 138 from the test of August 2, 1987 was detected over Sweden and Japan. With Glasnost, more and more horror stories are beginning to emerge.

THE PARTIAL TEST BAN AMENDMENT: A HOPE FOR SANITY

On August 5, 1963, the partial Test Ban Treaty (PTBT) was signed by the United States, Great Britain and the Soviet Union. The treaty

banned nuclear weapon test explosions in the atmosphere, outer space and underwater. 116 countries, including Canada, became signatories to the PTBT.

The Treaty proclaimed as "its principal aim the speediest possible achievement of an agreement on general and complete disarmament" and sought to achieve "the discontinuance of all test explosions of nuclear weapons for all time". Of the five countries which currently test nuclear weapons, only France and China were not signatories to the PTBT.

The PTBT was meant to be the first step towards a Comprehensive Test Ban Treaty (CTBT). To this end an amendment proviso was included. The amendment formula stipulated that upon the request of one-third (i.e. 39)

of the signing of the Partial Test Ban Treaty six non-nuclear nations — Indonesia, Mexico, Peru, Sri Lanka, Venezuela, Yugoslavia — began the Amendment process by formally requesting that a conference to vote on the Comprehensive Test Ban be convened. Since then the requirement of 39 countries has been met, and an Amendment Conference was scheduled for January 8-17, 1991, at the UN in New York.

Should have the majority of the countries including the USA, USSR and Great Britain voted for a Comprehensive Test Ban (CTBT) then the world would have taken a major step towards eliminating the madness of nuclear expansion, thus forcing China and France to comply.

TOTAL NUMBER OF NUCLEAR TESTS CONDUCTED BY THE 5 NUCLEAR TESTING NATIONS

	1989	1990	TOTAL
USA * (16.7.45)	11	5	926
USSR * (29.8.49)	7	1	643
UK * (3.10.52)	1	X	42
France * (13.2.60)	8	4	184
China * (16.10.64)	0	2	36
India * (8.5.74)	0	0	1
TOTAL:		1832	

* Date of the first nuclear explosive tests by each country

X A British nuclear test is scheduled for November 14, in Nevada.

of the countries who are Parties to the Treaty, the "depository governments" (USA, USSR and Great Britain) are required to convene the conference, where a vote must be taken.

For an amendment to pass, a majority of the parties including the USA, USSR, and Great Britain, must vote in favour of amending the treaty. These three countries thus have the right to veto the final vote.

On August 5th, 1988, the 25th anniversary

Unfortunately, the United States and Great Britain have already stated their categorical opposition to the proposed amendment. The opposition is based on the US's and NATO's commitment to nuclear deterrence.

Cessation of nuclear testing is seen as a hindrance to the development of new generations of "leaner but meaner" nuclear weapon which in turn is a fundamental basis of nuclear deterrence policies. *Continued on p.2*

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BUDDHIST cont. from page 17

The deference often went far beyond what would have been granted a teacher in Japan or Tibet.

"Pressure from the community is very important in controlling behavior in Tibetan communities," said Dr. Barbara Aziz, an internationally known social anthropologist at the City University of New York who has spent 20 years doing fieldwork among Tibetans in Nepal and Tibet. "In Tibetan society, they expect more of the guy they put on the pedestal ... If such a scandal had happened in Tibet, the whole community might have felt polluted. Osel Tendzin might have been driven from the valley. Depending on the degree of community outrage, his family might have made substantial offerings to the monastery for purification rites and prayers to infuse society with compassion."

Furthermore, Aziz pointed out, Tibetans may "demonstrate all kinds of reverence to a rinpoche, but they won't necessarily BUDDHIST page 68

HEALERS cont. from page 11

come of their cases. A belief such as in 'incurable' diseases will cause them to recreate conditions to prove themselves right.

Dr. Kempling fosters an appreciation for a healthy ideal, away from the norm of reasonably well. This means remodeling beliefs in a state of sickness or health towards an understanding of a continuum from disease to health and consideration of

"Belief and denial permeate everything. Our only friend is the truth."

what real wellness might feel like.

Two-thirds of the attributes of a healthy person are non-physical. These qualities of spirit innately tied to well-being are also the naturopath's concerns.

Belief and denial permeate everything. Our only friend is the truth.



CARLA STEIN
Coordinator of the Addictions
Prevention Project of Greater Victoria

People in communities are in denial about their responsibilities for substance abuse. We are all being affected by it. We can't turn it over to professionals and say, "Fix it," though we do help to arrange treatment with those who give it.

Our aim is prevention, reaching people at risk. Prevention workers sow the seeds of awareness, self-esteem and healthy

"Prevention workers sow the seeds of awareness, self-esteem, and healthy life styles."

lifestyles.

There are correlations between substance abuse and family abuse, self-hate, isolation and loneliness. Substance abuse will not go away without taking care of underlying causes. These correlations help guide our task force to identify high risk target groups and coordinate solutions.

Julian Wake is a free-lance writer, and Common Ground's distribution and sales representative in Victoria. Phone: 385-6701.



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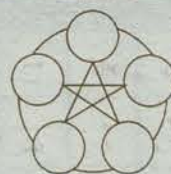


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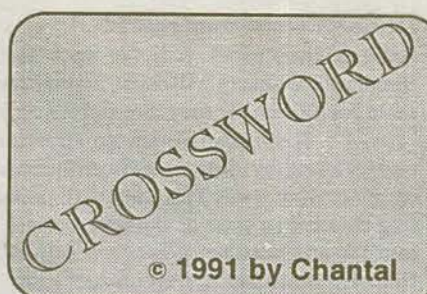
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- 40 Second born
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- 45 Persian poet
- 46 Mr. Marx
- 47 Feline
- 50 Perplex
- 54 Berserk
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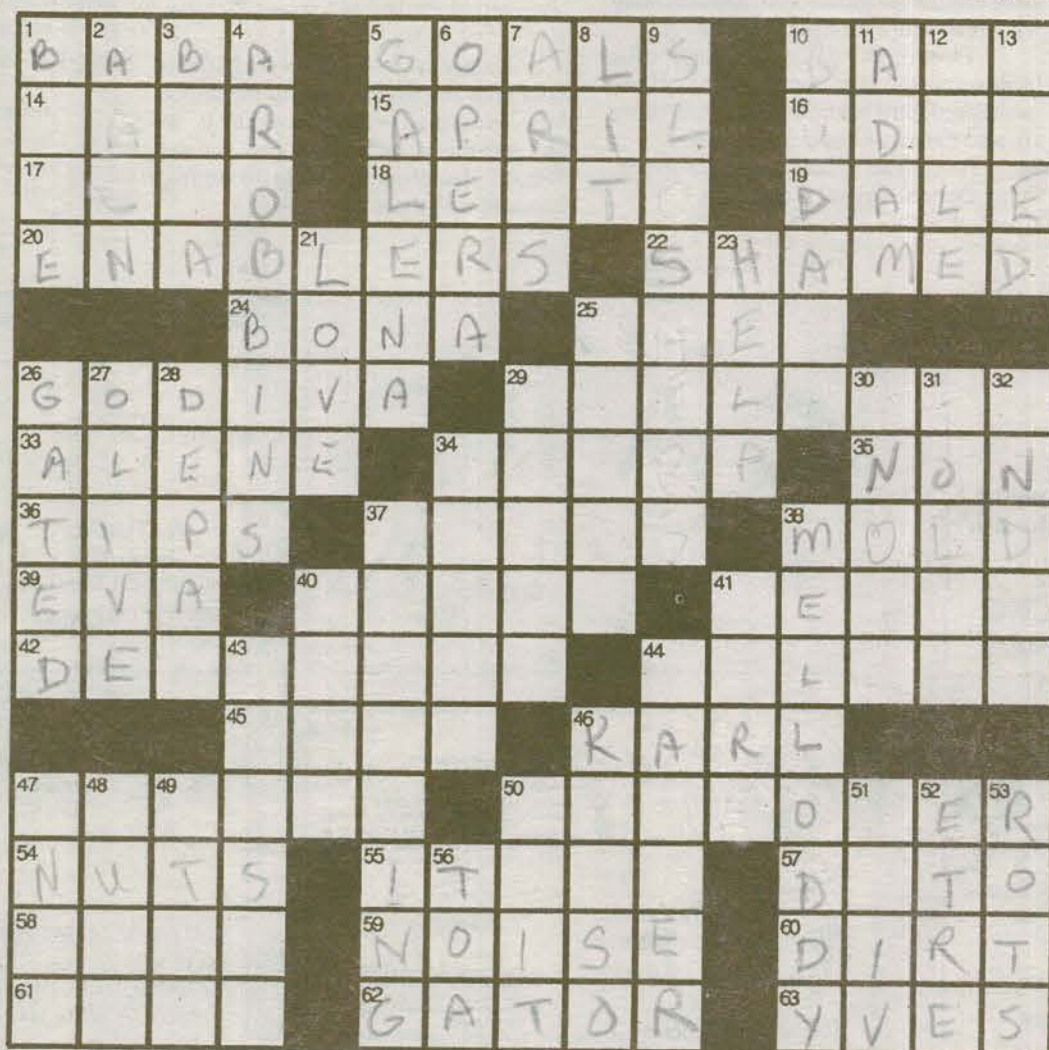
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- 40 Hindu deity
- 41 Shouted (Fr.)
- 43 Cradle



- 44 Twain hero
- 46 Scottish town
- 47 Mex. food
- 48 Arabian gulf
- 49 Additional
- 50 Temptation
- 51 604
- 52 Be (Fr.)
- 53 Decays
- 56 Ode ~ ~ Skylark



ARMS RACE

Continued from p.18

CANADA'S POSITIONS ON THE PTBT AMENDMENT CONFERENCE

According to the Canadian government's document, issued September 1990 by External Affairs, Canada would not be supporting the call for a comprehensive test ban at the UN Conference in January. Canada wants to "discourage superficially attractive short-cuts, such as the PTBT amendment proposal". This is not surprising since Canada has steadily refused to support the call for such a conference. At the 43rd. General assembly of the United Nations Special Session on Disarmament in June, 1988, a vote on the question of holding a UN conference on nuclear testing was taken. There were 151 countries present at the vote. 127 voted in favour.

The US, Great Britain and France voted against. 21 countries, including Canada, abstained. Canada has also refused to be among the 39 required countries calling for an Amendment Conference.

Why would Canada not take the opportunity to support the call for a comprehensive Test Ban? The answer is simple. The United States has not yet instructed Ottawa to do so. Thus, Canada continues to repeat the US State Department's line, that Canada is in favour of a "negotiated and verifiable CTB through a step-by-step process". This is simply a stalling tactic to block an immediate Comprehensive Test Ban agreement.

The fact is that lacking a sovereign foreign policy, Canada is bound to the nuclear deterrence policies of the United States and NATO, and consequently, Canada is not really in favour of a comprehensive test ban.

CAMPAIGN TO DEMAND : "CANADA DO THE RIGHT THING"

Leading up to the January PTBT Amendment Conference, Greenpeace spearheaded a nation wide campaign to demand that Canada support the amendment. The campaign involved letter writing, protests, public education, and lobbying politicians.

In addition, Greenpeace organized two days of meetings and protests in Las Vegas and at the Nevada test site, for January 4th and 5th, 1990, preceding the UN Conference. Canadians joined delegations from Europe and the Soviet Union, and thousands of Americans.

A COMPREHENSIVE TEST BAN TREATY (CTBT) should be concluded by all nuclear countries, including France and China, who have not yet signed the Partial Test Ban Treaty.

A Comprehensive Test Ban would:

- Ban all nuclear testing in all environments: which would reduce the risk to people's health and the environment from accident or leakage of radioactive materials.
- Help stop the spread of nuclear weapons: by making it difficult for states such as South Africa and Iraq, which are on the threshold of developing nuclear weapons, to produce an effective nuclear arsenal with military confidence.
- Short circuit the arms race: by preventing the development of destabilizing new technologies like deep penetrating warheads and third generation nuclear weapons such as X-ray laser and other space weapons. It would also lower the risk of a pre-emptive first strike.
- Pave the way for nuclear disarmament: New weapons undermine arms reduction agreements by 'substituting' for the weapons negotiated away. A CTBT would therefore create a more stable context for disarmament talks, and make it possible for there to be genuine cuts in the world's nuclear arsenals.



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Fifteen Listening Principles

Food for Thought #7

By Lee Coit

Here are some things we can do to increase our ability to hear. They involve watching our minds work. We check ourselves often to see if we are falling into any of these little traps:

1. Banish Preconceived Ideas — Make a Clean Slate

Before we try to get in touch with our insight (our inner guide), we can make a concerted effort to put away any preconceived ideas about the answer to our questions, the direction we may take, or the choice we might make.

2. Monitor Our Thoughts For Grievances — Real or Perceived

We can practice watching our thoughts through the day, noticing how grievances pop up and are accepted quickly. We may practice putting them aside and being conscious of their effects upon our own experiences. Grievances are efforts to put our own plans into effect, and then to judge others, along with our experiences, based on how they fit our plan. We put those plans aside and follow our guide, through inner listening, to experience peace.

3. Accept Others — Learn to Trust

We can learn to trust others and to honor them, allowing our inner guide to be the judge of their ideas, actions, and appearances. Anyone can do this, and thus increase his ability to hear his guide. We do not have to accept everyone's beliefs and ideas, but can simply allow them to flow through us, and know that they cannot harm us or affect us in any way, unless we so choose. We will often find that ideas that are in conflict with our beliefs will melt away, even as the person who expresses them softens before our eyes as we accept him without judging his beliefs, and as we show that we value him.

4. All Things Aid in Discovering Truth — Keep an Open Mind.

A related idea is that everyone and all things can and do contribute to our discovery and awareness of the truth. Others we meet may be in contact with the truth in different ways, but this diversity can add dimensions to our own realization of truth, rather than providing conflict. Seldom can we perceive a situation in its entirety. Others can provide the benefit of new approaches which will expand our understanding and comprehension. We can grow in the realization that our identity is shared. Our true nature is oneness and connection, not individual and separate.

5. Stay With Seeking — Don't Give Up

The solution to the question we are asking is always within the problem as well as within ourselves. We can learn not to seek the answer in other places. We stay with the seeming problem and wait for the answer to

dawn upon our consciousness. Seeking, by dropping the problem and running away, will only bring us into contact with it later, on a larger scale.

For example, if someone is bothering us, we do not seek another who agrees with us, in order to get a temporary sense of well-being. Instead, we continue to ask for guidance until we have found our peace by going past the seeming conflict with the person in question. This does not necessarily mean that we will ever agree with the other person, but it does mean that we will value his point of view and have our peace with his belief. This done, we will no longer be in conflict, but will find we have many areas of agreement.

It is not necessary, nor is it even beneficial, to force all conflicts into seeming agreement. Often this requires denial, falsity, coercion, and compromise. The truth always comes to the front, and illusions always pass. Allow this to happen, and do not insist upon immediate solutions. Leave both the answer and the time of resolution to our inner guide.

6. Allow Ideas to Flow — Be a River

We can become a river and not a dam. By allowing all ideas to flow through us, we avoid creating stress. When we start to resist ideas, judge them, and then defend against them, we create a dam which builds pressure in our minds and stops the flow of all ideas. Again, we can be assured that those ideas which are beneficial will stay and grow within our consciousness, and all others will simply flow by without resistance. Be discerning of our thoughts, and yet not judgmental of others' ideas.

7. Identify the Problem — Seek Deeply and Honestly.

Clearly identify our question or problem, and be willing to be honest with ourselves, so that all hidden resistance can be brought to the surface. Often we fail to get answers because we are unwilling to know what our real question is. To know requires that we be very honest with ourselves, and that we truly seek to know — not seek for justification of our current beliefs. Most of our current beliefs are capable of improvement; remain unattached to them. We identify the problem to move past it, not to solve it on our own. The act of "solving problems" attempts to make them real; "going past them" returns them to their state of illusion. There are no problems. All is an opportunity.

8. Do Not Rush the Answer — Be Patient, Not a Patient

We need not rush the answer, for it will come in time, and at the right time for all concerned. Often we will find we had the answer all along, but that we did not understand how to use it, or that we did not realize

see LISTENING page 56



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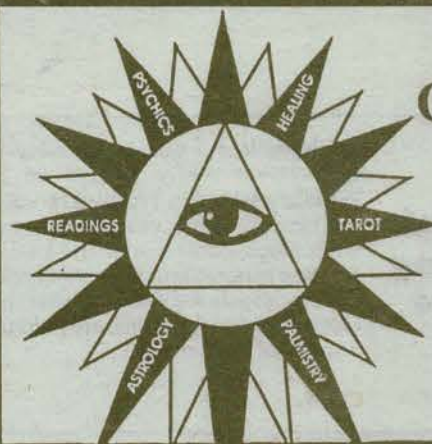
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SUMMER PROGRAMS 1991

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Connections. Fri., June 21, 6 p.m. — Fri., June 28, 4 p.m.

Ecology and the Self. Wed., July 10, 10 a.m. — Sat., July 13, 5 p.m.

Mindjazzing. Sat., July 13, 10 a.m. - 5 p.m.

Woman's Wisdom & Power. Sat., July 13, 9 a.m. — Sun., July 14, 6 p.m.

The Spirit of the Drum. Thurs., July 25, 5 p.m. — Sun., July 28, noon.

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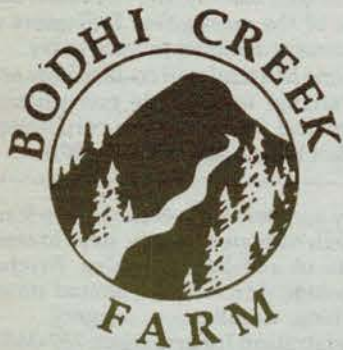
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• **Tai Chi:** Chi awareness in movement

• **Fusion of the Five Elements I:** Basic and Advanced Meditations for Transforming Negative Emotions.

Healing Art Retreat

Join us in a lively play of form and flow, manifesting our multi-dimensional being through Creative Speech, Song and Movement.

These retreats are recommended for those interested in our eight-month Foundation Retreat.

Christer Ekstrom and Minke de Vos are certified by master Mantak Chia, with over 17 years' training and experience and voice, movement, massage, breath and energy work, and a decade of devoted, full-time practice of spiritual disciplines.

Healing Tao Retreats start **July 7, July 14, July 21, July 28, August 4 and August 11.**

\$560 per week includes room, board and tuition.

For further information call Rosalind McKenzie, 921-6836, or write: Silent Ground, Box 428, HERIOT BAY, B.C. V0P 1H0.

HEALING COMMUNITIES



integrating person, society, ecology

Association for Humanistic Psychology
29th Annual Conference. August 22-25. Evergreen State College, Olympia, Washington. Pre/post institutes **August 21 and 26.** Focus on creating communities for healing—ourselves and our planet. Features 60+ workshops, outstanding plenary presenters, interactive community gatherings, music, celebrations,

exhibits. Presenters include **Jean Houston, Arnold & Amy Mindell, James Fadiman, Joanna Macy, David Spangler, Al Huang, Stuart Dempster, James Bugental, David Whyte, Natalie Rogers.**

An interdisciplinary gathering for people of diverse backgrounds who share humanistic values and goals—psychologists, counselors, social workers, body-

workers, educators, healthcare providers, social activists, environmentalists, consultants, managers, students, scientists. Continuing Education Credits for nurses, psychologists, counselors, social workers. Everyone is welcome.

Call AHP (206) 221-3451 or (415) 346-7929.



The C.G. Jung Society of Vancouver

We are a non-profit society dedicated to the exploration of Carl Jung's Analytical Psychology and related subjects. We welcome anyone interested to join us as annual members (\$45) or "drop-ins" (\$7/programme) in our lecture series. Opportunities for workshops, groups, etc. exist.

September is **Zurichfest** as we welcome to Vancouver four of the foremost Jungian Analysts direct from Zurich.

• **Fri., Sept. 6:** Ursula Wirtz. "Eros

Betrayed. Sexual Abuse Within Psychotherapy."

• **Wed., Sept. 11:** Dr. Kathrin Asper. "The Child—Image & Reality."

• **Wed., Sept. 18:** Dr. Tony Frey-Wehrin. "Jung—Light & Shadow"

• **Wed., Sept. 25:** Dr. Mario Jacoby. "The Fig Leaves of Adam & Eve: The Meaning of Shame."

Advance payment of your Sept. 91-May 92 season membership (\$45) entitles you to receive a discount to our "Zurich-

fest Special Events":

Members: \$5 for all 3 special events when paid before Sept.; \$5 for each special event if paid in Sept.

Non-Members: \$20 for 4 events when paid before Sept.; \$7 for each event if paid in Sept.

Membership applications (cheques only pls.) to: The C.G. Jung Society of Vancouver. Mail to: Bill Wahl, #4-2037 W. 16th Ave., Vancouver V6J 2M6. Phone 732-3790.



DAVID LIVINGSTONE

Creative Self-Expression — "No Mind"

Creativity from the depths of your innermost being. Write, sing, dance, play with spontaneity. **June 22, 9 am-5pm, 1102 Hornby St., Vancouver \$150.**

Live Now

No fancy words. Work hard — play hard. An intensive two days of deep

personal experiences within a group setting. **July 6 & 7, Saturday 2 pm-10 pm & Sunday 9 am-5 pm. 1102 Hornby St., Vancouver \$350.**

Intimacy Passion Surrender

A three day residential workshop **Awakening The Lover Within. August 23, 24, 25.** Meals, lodging, supplies included: \$600. Location: Gulf Islands.

* **Mexico Workshop in December** *

David Livingstone is a Creative Therapist, international workshop leader and "Spiritual Cannibal" living in Vancouver.

For information and registration, call 736-3212, VANCOUVER.



CREATIVE LEARNING INTERNATIONAL INC.

HAVE YOU NOTICED? Everywhere you go, there is a call for more creativity. Creative thinking has become the premium skill—for greater productivity in work, for higher personal achievement.

Creative Learning International has developed Vancouver's most effective workshops for teaching creative think-

ing. You can become a **Facilitator of Creative Learning** in a 5-day program. The basic skills are taught in a 2-day program called **Creativity Applied**. Hundreds of graduates attest to the effectiveness of the training.

Workshop dates:

Facilitator Training: July 2-6, Nov.

18-22, 1991.

Creativity Applied: July 2-3, Oct. 3-4; Oct. 31-Nov. 1; Nov. 18-19; Dec. 12-13, 1991.

For registration and information, call 734-2544, or write Suite 503, 1505 West 2nd Avenue, VANCOUVER, B.C. V6H 3Y4.

RICHARD MOSS



A ten-day initiation
into deeper awareness with

Richard Moss, M.D.

September 12-22, 1991
at Hollyhock Farm

This conference provides a profound opportunity for healing and tuning of body, heart and mind. In nourishing our deep spiritual thirst, this conference calls us into life and not away from it. Here is an opportunity to feel every cell alive with presence and a heart open in love.

Richard Moss, author of *The I That Is We*, *The Black Butterfly*, and *Now Shall I Live*, is one of the most gifted facilitators of the transformational process today.

Lynne Mündal will co-facilitate and is available for private consultation before and following the conference. Contact Lynne at (604) 579-9926.

MERIDIAN



HOLISTIC HEALTH CENTRE INC.

MERIDIAN HOLISTIC HEALTH CENTRE in Victoria will host a series of Workshops by the internationally-recognized Menninger Clinic Staff of the Voluntary Controls Program, Psychophysiological Education Dept. Their leading-edge work on the use of body/mind self-regulation techniques will be fea-

tured in 3 Workshops in Victoria: **Brain Wave Biofeedback**, July 3 & 4, \$450 (limited to 18); **Psychophysiological Approaches to Pain**, July 5, \$145; **Cancer and Psychoimmunology**, July 6, \$145; with a public lecture: **Healing & Creativity: Advances in Mind/Body Self-Regulation**, July 2, \$40. A unique oppor-

tunity for Health Professionals to learn research-validated, specific steps to assist clients in self-healing using Psychophysiological techniques: altered states, breathing, visualization, imagery.

Registration Information: 737-3451.



The meaning of our lives is found in the stories we tell about ourselves. Human beings are story telling animals, myth makers, spinners of tales, giving us the only answers we will ever get to the perennial questions:

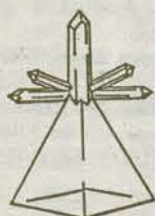
Where did I come from? What is the

purpose of my life? For what may I hope? Who are the heroes? What should I do? Am I alone? What is taboo? What is wrong with me? How may I be healed?

Come to the sunny Okanagan for a workshop with Sam Keen, "Your Mythic Journey (Finding Meaning in Your Life)",

7:30 p.m. Friday, June 21st to 1 p.m. Sunday, June 23rd, 1991. Sam is contributing editor to *Psychology Today*.

Naramata Centre, P.O. Box 68, NARAMATA, B.C. V0H 1N0. Tel. (604) 496-5751. FAX (604) 496-5800.



PAST LIFE
REGRESSION
AND
HYPNOSIS

Summer Workshops

June 15 & 16
July 27 & 28, August 24 & 25

This 2-day workshop is designed to awaken and empower the intensity of the feminine energy within you.

You will learn ways to bring forth the power of intuition, inner wisdom, clarity and love through embracing the Goddess energy within you.

Goddess energy awakens your connectedness to your Divine Light, thereby allowing your trust in your Divinity to shine through.

You will release and heal old beliefs and wounds that have blocked your success and power in a loving and supportive environment.

Cost: \$165. For more information, call Laurel Phelan at 322-0642.



Develop conscious control of your subconscious mind in this 4-day course. Improve the quality of your health, habits, relationships, career and enhance your spiritual development. Offered in 81 countries — over 7,000,000 graduates — presented since 1966.

Vancouver schedule:

Free Introductory Lecture: Sunday, July 7 at 2:30 p.m. or 7:30 p.m. and **Friday, July 19** at 7:30 p.m. at the Holiday Inn Vancouver—Downtown, 1110 Howe Street.

Class: July 20, 21, 27 and 28 at the Holiday Inn Vancouver—Downtown.

Phone or write for more information.

Western Canada home office—**Renaissance Training Programs Incorporated**, P.O. Box 9360, Saskatoon, Sask. S7K 7E9 (306) 931-2986, Silva Method—Vancouver (604) 731-0760, and Silva Method — Vancouver Island Ltd. (604) 248-7238.



SELF-ESTEEM

with
Dr. Nathaniel
Branden

SELF-ESTEEM AND PERSONAL TRANSFORMATION

To grow in self-esteem is to expand your capacity for happiness. No other factor is as important as self-esteem for your success and fulfillment in career and personal relationships.

Dr. Nathaniel Branden has given

hundreds of lectures and workshops world-wide. His innovative books, *The Psychology of Self-Esteem*, *Honoring The Self*, and *How To Raise Your Self-Esteem* have sold over a million and a half copies.

Dr. Branden and his wife and colleague, Devers Branden, will conduct a **Friday evening lecture, July 12, 8 p.m.** and a

Weekend Workshop, Saturday, 10 a.m. to 6 p.m. and Sunday, 9 a.m. to 4 p.m., at the Sheraton Plaza 500, 500 W. 12th Ave., Vancouver, B.C.

For registration information, contact **Skillen & Associates**, (604) 589-6848, VANCOUVER.



Coming in September

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Experience

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High Tech Meditation, Relaxation, Health, Healing and Wellbeing. The contemporary experience of Human Growth and Transformation Transcendental Access through Enhanced Whole-Brain Synchrony Stereophonic Holodynamic Double Cassette Albums.

Synchronicity Canada
Larry Koftinoff
828-7930, KAMLOOPS.



Aug. 22, 23, 24,

- We invite you to join our celebration of magic, music & fun!
- Come in costume and bring alive the Spirit of Avalon
- 75 booths — arts, crafts, physics, books, refreshments and more

- freeform performers, musicians, storytellers, jugglers, clowns invited to come and busk
- Stage entertainment daily — Echoes of Avalon, Nu Impressions, Blackthorn, BC, Poncho & Friends and others
- Booth applications, Norma Cowie, 536-1220, VANCOUVER.

Gate \$8. Seniors/Students \$5. Children 7 & Under — FREE. Gate half-price Fri./Sat. 9:30 p.m. and Sun./Mon. 6 p.m. For info.: The Crystalweb, 2615 Alma St., VANCOUVER, 228-9460 or 537-4622.

VANCOUVER M.E.N.
presents
GUY CORNEAU
ABSENT FATHERS, LOST SONS

Friday evening lecture for men and women, June 14 at 7:30 p.m. Robson Square Media Centre, \$12 Tickets at Banyen sound or at the door.

Saturday and Sunday Workshops for Men, June 15 and 16 at 9:30 a.m. UBC Student Union Bldg. \$150. Send a \$50 Deposit to Vancouver

M.E.N., 3392 West 34th Avenue., Vancouver, B.C. V6N 2K6. For more information telephone: 290-9988



UFO CONFERENCE

with
George
& Desiree Green

George Green, publisher of the controversial *Phoenix Journals* will speak at Victoria, July 13 and Nanaimo July 15, 1991. George will discuss his contact with UFO's from Pleiades, who have been observing our planet and have come forth to awaken mankind. Some of the topics discussed will be regarding the following transitions:-

- **GEOPHYSICAL:** Earth and weather changes, pole shift
- **SOCIOECONOMIC:** Political wars, economic problems, federal reserve, Aids and a new World order.
- **SPIRITUAL:** Information regarding the Laws of God and Nature.
- July 13, Ramada Inn, 3020 Blanshard St. Victoria. 7:00 p.m. to 10:00 p.m.

- July 15, Beban Park, Bowen Rd. Nanaimo. 7:00 p.m. to 10:00 p.m.
- Tickets \$20.00 per person. to reserve call 1-800-869-5868, or send Money Order to: FRONTIER ENTERPRISES, P.O. Box 478, Lantzville, B.C. V0R 2H0.
- Tickets prices include a book and literature as available.

ON GOING EVENTS



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Serenity Farm Retreat offers you a nurturing, natural environment for renewing healing and learning. You can choose to take part in one of our facilitated workshops, our **Renew You!** program, or to make a private retreat to rest and reconsider your direction in life. Serenity Farm Retreat provides you

with peace and support.

- Upcoming Weekend Programs:**
- Healing Our Shame: Releasing Our Pain,
- Loving Relationships • Living Beyond Fear (for those with a life-threatening illness), • Ten-day **Renew You!** (Physical, Mental and Emotional Detoxification

and Rebalancing) Jul. 11-21, Oct. 11-20. Fall weekend **Renew You** programs available. Counselling available.

Serenity Farm Retreat. The L.I.F.E. Project, RR4, S-Q4, C-23, NANAIMO, B.C., Canada, V9R 5X9. (604) 756-1652.



TRANSCENDENTAL
MEDITATION
CAN HELP
ANYONE
THINK MORE
CLEARLY

Every day we waste the most incredible resource known to man. Our minds. Fortunately, there is a way to tap our brain's vast resources. **The Transcendental Meditation Program (TM)** as taught by Maharishi Mahesh Yogi, is a simple, natural mental technique to unfold your mental potential and to

develop clear, creative thinking.

And studies conducted by researchers at Harvard Medical School and other prominent institutions have shown that the daily practice of TM increases one's intelligence level and improves concentration and memory while reducing stress and anxiety.

So if you want to get the most out of your life, start by using more of your most precious resource.

VANCOUVER TM CENTRE
6076 E. Boulevard, (at 45th)
VANCOUVER. Phone 263-2655
FREE INTRODUCTORY LECTURES
Every Wednesday at 8:00 p.m.

WESTSIDE
COUNSELLING
& CONSULTING SERVICE

Maureen Ludwig Gold 737-1768
Elaine S. Stoll 733-6529

ACOA Group

Are you an ACOA or from a dysfunctional family and in the early stages of recovery? Are you seeking to understand and free yourself from the three family rules of "Don't Talk, Don't Trust, Don't Feel."

This group will address the emotional trauma of the past and how it continues to impact the present. Some of the workshop material will be drawn from John Bradshaw's *Home Coming* book.

Anger—The Uncomfortable Emotion in Ourselves and Others

Anger is healthy, constructive and inevitable. However, many confuse anger with violence, fear, abandonment or withdrawal and silence.

We will explore triggers such as "trust, hurt, resentments, sadness and loneliness". Examining these triggers can free you from either being controlled by your own anger or by other people's anger.

Self-Esteem Group

Are you at a turning point in your Recovery Program, wanting support, or wondering why that confident feeling doesn't last?

This group will address healing the origins of low self-esteem and shame. Issues such as ACOA, co-dependency, relationships, feelings, etc. will also be covered.

For start dates call: Westside Counselling 737-1768.

ADULT CHILDREN OF ALCOHOLICS AND/OR DYSFUNCTIONAL FAMILIES

A.C.O.A. is a fellowship of men and women with a common bond of having been born or raised in a home or environment where addiction was present. For meeting information call 437-0201. (24 hours).

THE INFINITE WAY (UNORGANIZED)

JOEL S. GOLDSMITH

Author of "Consciousness Is What I Am", "Conscious Union With God." Our state of consciousness draws to us our life experience. Vancouver study and meditation group meets 10:30 a.m. Sundays at 935 West 57th Ave. 266-6805.

BABA HARI DASS YOGA RETREATS

Salt Spring Island, B.C.

August 1-4 Ramayana Retreat
August 5-8 Community Retreat
August 8-11 Ashtanga (Raja Yoga Retreat)

For details write or phone: Salt Spring Centre, Box 1133, GANGES, B.C. V0S 1E0, (604) 537-2326.

THE PAIN TREATMENT ISLAND RETREAT

A weekend of total care in the southern Gulf Islands.

See *Health, Healing & Bodywork* section.

DOMINION HERBAL COLLEGE

Est. 1926

CLINICAL HERBAL THERAPY COURSE

Commences Sept. 28, 29 & 30, 1991. This is an ongoing intensive 1 weekend per month class.

A 1-year dynamic consultant herbalist program in the principles and practice of botanical therapeutics.

Instructor: Chanchal Cabrera, M.N.I.M.H.

For info: 7527 Kingsway, BURNABY, B.C. V3N 3C1. (604) 521-5822.

HERBAL HEALING JOURNEY

10-week intensive.

See *Education* section.

DREAM OF THE FOREST

A place of quiet beauty. A place for reflection, learning and growth. Log homestead, cabins, sauna alongside river and lake. Accommodation for twelve; vegetarian meals. Ski/hiking trails thru 450 acres of private forest. Join us for a guided retreat, three days or longer. Located in the Cariboo, central B.C., six hours from Vancouver.

For dates, brochure: Hans Terlingen, M.D., RR#1, Lone Butte, B.C. V0K 1X0. (604) 593-4603.

MEETING PLACES & RETREATS



The Jewel
in
The Forest
**FIDDLEHEAD
FARM**

Workshops • Retreats Vacations

Find your inspiration in a place of real serenity and seclusion. Located 12 miles up the lake from Powell River **FIDDLEHEAD FARM'S** lovely buildings and rolling fields lie completely surrounded by lush coastal rain forest.

Running on its own hydroelectric power, **Fiddlehead** provides sumptuous cuisine from an organic garden, and varied recreations including canoeing, swimming, light sports and relaxing sauna.

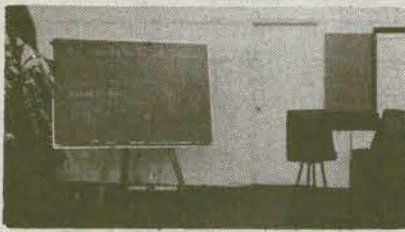
Our comfortable lodgings will accommodate groups of up to 24 people. We host only one workshop group at a time,

ensuring an intimate atmosphere for learnings to take root.

Call: 875-0459 for brochures or booking information or write:

FIDDLEHEAD FARM, Box 421, Powell River, B.C. V8A 5C2.

mEETING PLACES & RETREATS



Workshop Space For Rent

Complete Workshop facilities

A pleasing environment with complete facilities is available for workshops, seminars and lectures. Conveniently located at 4th Avenue near Cambie, close to downtown, the East side and the West side of Vancouver.

Facilities Include:

- Seminar room, seats 55 comfortably, approx. 25' x 45'
- Kitchen including coffee and tea
- Lobby and comfortable waiting area
- Rooftop balcony suitable for 20-30 people on a break
- Natural light and bulb lights with dimmers

- Chalkboards, air conditioner, plants, etc.

Also available is a furnished counselling office for sessions and daily use. For more information and to view the facilities contact Ann at (604) 872-1185. Evenings: \$48, Days: \$75, Weekends: \$148. 2021 Columbia St., VANCOUVER, B.C. V5Y 3C9.



THE ROCKWOOD CENTRE

Come and practice your healing and artistic talents at the beautiful **Rockwood Centre** on the Sunshine Coast!

The fully restored lodge, built in 1935, features a complete commercially equipped kitchen, dining room with fireplace,

comfortable meeting lounge and Art space.

In our Annex, 12 spacious double rooms, each with shower, open on to a 2,500 sq. ft. carpeted workshop area, bathed in natural light from above.

Nestled on a wooded hill, both build-

ings overlook large gardens and the village of Sechelt.

You'll be amazed by our quality and reasonable rates. For further information and full-colour brochure contact us at 885-2522 or write: The Rockwood Centre, P.O. Box 767, SECHULT, B.C. V0N 3A0.



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SHELTER
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Permanent, time share, rent lease or own. Country Club living in safe communities. (Stay alive forever).

Join this exclusive private club membership of loving holistic residents in this exciting new country club that offers the most advanced technological and scientific community that encompasses the full dimension of TM ascension

incorporating the miracle of the Pi-R Mid KCC (Kings Chamber Capsule). A wholistic S5 shelter, based on Pythagorus's "Music of the Spheres, Einstein's $E=MC^2$ and Patrick Flanagan's "beyond pyramid power (440 HTZ), and Nicola Tesla's free energy.

Escape the rat race and coming events! Eliminate rents, stress, mortgages, interest and enjoy Greenspace country

village living. This new dimension of loving is a spiritual, non-profit, non-political and non-religious, totally self-sufficient, hi-tech health resorts.

Membership info: (604) 421-7686 (Vanc.); (604) 681-8900 (Vanc.); (604) 732-5073 (Vanc.); (509) 476-3711 (Wa.); (604) 248-5304 (V.I.).

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Cosy, carpeted room, seats approx. 40, available early mornings, evenings, weekends. Natural and dimmer lighting, video, parking, beverage facilities, good energies. Reasonable rates.

Inner Garden Activity Centre, 535 West 10th Avenue (at Cambie).

VANCOUVER. Phone: 875-8818.

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Attractive, large, bright group room with view and wheelchair accessibility. Available evenings and weekends.

Soundtreated, air conditioned office available immediately. Full or part-time.

Weaver Institute, 17th & Dunbar, VANCOUVER, 222-4017.

OFFICE SPACE AVAILABLE

for NATUROPATHIC PHYSICIAN, HOMEOPATH, PSYCHOLOGIST or COUNSELLOR in naturopathic and homeopathic clinic. Broadway & McDonald area. \$1600.00 per month includes computer and receptionist.

Phone: Candice at 732-4325.

WORKSHOP SPACE AND COUNSELLING OFFICE

Bright, spacious counselling office available full-time and part-time. Group space available for workshops.

Spirit in Relationships Centre, 1965 W. Broadway, VANCOUVER, 732-4204.

WORKSHOP & SEMINAR FACILITIES

THE GRANVILLE ISLAND BARGE

Space suitable for meetings, seminars or workshops for groups of up to 35. On the water, in the centre of the City.

For information, 682-4250, 1295 Johnston St., VANCOUVER, V6H 3R9.

WORKSHOP AND SEMINAR ROOM

Comfortable and attractively furnished workshop room for up to 20 people. Counselling rooms also available on part-time or full-time basis.

Broadway West Professional Centre (Broadway & Arbutus Area). For information, call 737-8145.

HERITAGE HALL FOR RENT

The beautifully restored main floor is available for lectures, seminars, workshops, meetings, parties, etc. We have attractive tables and chairs for up to 150 people, and a kitchen.

Call Nancy McKenzie, 879-4816 for booking information. Located at 3102 Main Street at 15th, VANCOUVER.

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Animal friendly products and information. Cosmetic, household and personal care products that have not been tested on animals and have no animal ingredients. Books, t-shirts, magazines and videos on vegetarian, vegan, health and animal rights issues.

It is our belief that people are not intentionally cruel. Few of us would deliberately hurt an animal. Yet few of us realize the pain and suffering endured daily by food or laboratory animals; or the fear and terror of animals hunted for sport.

We would prefer a non-violent world for all beings.

Animal-Free Trade, 2177 W. 4th Ave., VANCOUVER, 737-7185. 10 a.m. - 6 p.m., closed Mondays.

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with
Sandy & Myles
Herman

Welcome to our new facility. It is quiet and beautiful, well worth the drive.

Over the years we have developed a holistic approach to riding for adults and children. If you have always wanted to ride, but felt it was beyond your physical and/or emotional capacity, give us a call. With our experience in Touch

for Health, Educational Kinesiology, and T.T.E.A.M. (an equine-based Feldenkrais system), we are able to work in areas previously untapped.

New riders begin on a one-to-one basis with us, learning to care for the horse as well as to ride. Our combined

experience of thirty-five years in the horse industry, along with the health work, allows us to offer a wide range of service and opportunity to you.

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ANIMAL MODEL SYSTEMS KILL NOT ONLY ANIMALS, THEY KILL PEOPLE.

-I. Bross, M.D., U.S.A

Read our free, revised, and expertly documented brochure: "Animal Models: Why We're Losing the War on Cancer." To order the brochure and S.A.S.E.

to: Animal Defence & Anti-Vivisection Society of B.C., Box 391, Station A, VANCOUVER, B.C. V6C 2N2.

GUIDELINES FOR BEING HUMAN

from Rob Bishop

1. You will receive a body. You may like it or hate it, but it will be yours for the entire period this time around.

2. You will learn lessons. You are enrolled in a full-time informal school called life. Each day in this school you will have the opportunity to learn lessons. You may like the lessons or think them to be irrelevant and stupid.

3. There are no mistakes, only lessons. Growth is a process of trial and error, experimentation. The "failed" experiments are as much a part of the process as the experiment that ultimately "works".

4. A lesson is repeated until learned. A lesson will be presented to you in various forms until you have learned it. When you have learned it, you can then go on to the next lesson.

5. Learning lessons does not end. There is no part of life that does not contain its lessons. If you are alive, there are lessons to be learned.

6. "There" is no better than "here". When your "there" has become a "here" you will simply obtain another "there" that will, again, look better than "here".

7. Others are merely mirrors of you. You cannot love or hate something about another person unless it reflects to you something you love or hate about yourself.

8. What you make of your life is up to you. You have all the tools and resources you need. What you do with them is up to you. The choice is yours.

9. Your answers lie inside you. The answers to life's questions lie inside you. All you need to do is look, listen and trust.

10. You will forget all this or you will choose to remember.

11. Should you choose to remember, you will know that with forgiveness, love and trust you will embrace all that is yours, take your place as a guide and undertake to live your life in absolute abundance, love and adventure.

MUSIC '91 ROADSHOW WEEKEND

★★★★ ALL DAY JUNE 29 & 30 ★★★★★



**JOAN
BAEZ**
OLODUM
SARA MCCLAUCHLAN

★★★★★★★★

KBS
BRITISH COLUMBIA TELEVISION SYSTEM

**SUNDAY, JUNE 30, 7:30 P.M.
LAKESIDE SOCCER FIELD, NELSON**



Don't miss a great MUSIC '91 weekend of outdoor fun and entertainment for the whole family, featuring folk music legend Joan Baez, the Latin percussion ensemble Olodum and Vancouver singer-songwriter Sara McLauchlan sharing headline in this unique triple bill beside the beautiful Kootenay Lake in Nelson.

Your ticket gets you on-site for a full day of family fun!

★ StreetStuff street performers like the unique roving actors from England's Natural Theatre Company.

★ KidsOwn area with face painting, art and music instrument making, giant walk-on synthesizer and a parade led by the kids Saturday and Sunday.

★ Food and souvenir concessions.



**TICKETS ON SALE NOW. CALL  TOLL FREE:
1-800-665-2199**

Separate ticket required for each day.
Children under 12 free—two per adult.

OR VISIT PARTICIPATING MOHAWK GAS STATIONS IN NELSON,
CASTLEGAR, TRAIL, CRANBROOK AND CRESTON.

Labatt's For more information on all MUSIC '91 events,
call the Labatt's Hotline 1-800-661-5100.



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ARTS, CRAFT & MUSIC



At **Banyen Sound** you can experience the essence of **Banyen Books**, crystallized in sound: audio and video tapes & CD's. Experience the tapes of your choice in one of our **seven individual listening booths**.

As composer Philip Glass said, "One of the most exciting things you could do is to discover the art of your own time." Come and explore a broad, vibrant spectrum of new music (and traditional music) representing a variety of cultures and musical traditions from around the planet. Much of the music is now avail-

able on CD.

Some of our sections include: Drumming & Percussion Journeys, Electronic Inner Space Music, Traditional Ethnic Musics (Celtic, African, Latin, Arabian, etc.), Music (and Stories) for Kids, Celebration Music, Heart Opening Music, Oriental and Western Classical Music, Chanting, Devotional and Shamanic Music, Music for Quiet Reflection and Deep Listening . . . etc.

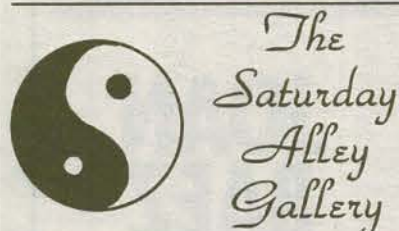
Our Talking Tape sections offer a huge feast of relaxation and meditation tapes, guided imagery tapes and a variety

of self-help, subliminal, healing and inspirational tapes. Many great books are now on tape, too.

Or, rent a video from our collection of music+imagery, inner journeys, dharma talks, etc.

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The Saturday Alley Gallery is the sales outlet and working studio of Vancouver artist Steve Crowhurst. The gallery shows original hand-embossed works featuring the YIN YANG and I-CHING symbols, HAIKU poems in flowing Japanese calligraphy and scenes from Oriental legends and myths. Also fea-

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The Gallery is open to the public ONLY on Saturday from 10 a.m. to 4

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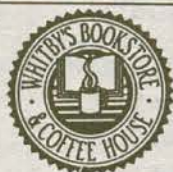
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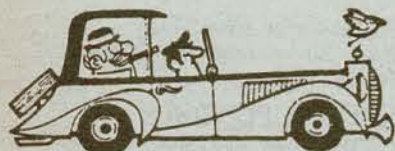
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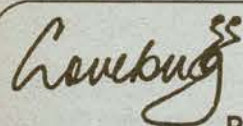
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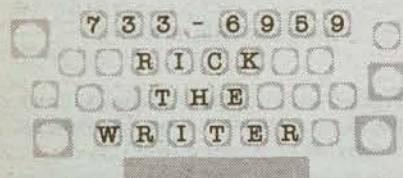
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1045 Commercial Dr., VANCOUVER, 255-2326.

1045 Commercial Drive, Vancouver
10 am - 9 pm Daily 255-2326



VEGETARIAN NUTRITION COOKING & CATERING

**FAST AND EASY
Introductory Evening**
Tuesdays 7-9:30 p.m. \$35

VEGETARIAN WAY IN A DAY
Saturdays 9:30-5:30
basic nutrition and cooking \$98

Other courses:

- Calcium foods for people who don't use dairy products Wednesday evenings \$35.
- Weight loss and balancing Sundays \$75.
- Natural whole foods course for professional chefs.

COME PREPARED TO LEARN, EAT, ENJOY & LAUGH with:

Vasanto Crawford, Nutritionist, Registered Dietitian, government consultant, and **Joseph Forest** and **Michael Fischer**, professional chefs. To register call 732-6023. For catering call 228-9959.



DHARMA JUICE CO.

Quality, "live" juices, produced the old-fashioned, natural way are available year-round from the Dharma Juice Co.

Our "live" juices are 100% pure, made from fresh, whole fruits and vegetables, with nothing added or boiled away. Dharma Juices are unadulterated by additives or preservatives and unaltered

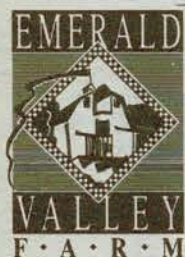
by pasteurization-sterilization processes.

"Live" juices contain all the vital minerals, vitamins and enzymes that are found in the raw foods from which they are pressed. Because these nutrients are so readily assimilated, they replenish our bodies with "instant energy" and nutrition. Consequently, our juice is natural

and of the finest quality.

To enhance or rejuvenate your health and energy on a daily basis, Dharma's "live" juices will serve you well.

Found at your local Health-minded stores or call (206) 734-6157, BELLINGHAM, WA.



FOOD FOR THOUGHTFUL PEOPLE

We invite you to become healthier, wealthier and a "Friend of the Farm."

Emerald Valley Farm located near Chilliwack on the beautiful banks of McGillvary Creek, is an innovative organic vegetable farm utilizing revolutionary growing techniques.

For a \$25 membership, Friends receive a bi-annual newsletter notifying them

of gardening classes, harvest dates, price discounts on produce, picnics and special farm events.

We are busy planting a wide variety of crops that will be available for Pick-Your-Own and our Home Delivery Program starting mid-June. Call our Veggie Hotline at 823-6668 for crop up-dates. If you are interested in our Home Delivery

Program, call for more details. Emerald Valley Farm receives its organic certification through the British Columbia Association for Regenerative Agriculture.

For further information, please contact **David Wicklund**, 42667 S. Sumas Rd., SARDIS, B.C. V2R 1B3. 823-6668.

Help us help the land.

**Two Locations
to serve you—
LOUGHEED MALL
LONSDALE QUAY**



LIVE A FULL LIFE NOW

Full Life Nutrition—the vitamin, herb and natural food emporium—offers you a complete selection of quality products to provide you with the means to live a full and healthy life. Our friendly and knowledgeable staff are trained to assist you to find and develop the health-care

program for your specific needs.

We specialize in: • quality vitamins • natural body care • herbal remedies • books • sports nutrition • organic foods

**Our commitment is to help
you live a full life.**

Two great and convenient locations! **Lonsdale Quay Market, NORTH VANCOUVER, 980-6133,** **Lougheed Mall, BURNABY, 420-3771.**

We start fresh every day.

Galiano Market



We're more than your friendly corner store!

Our specialty is crispy, crunchy, beautifully displayed produce—both certified organic and commercial, hand selected by our own buyers.

You'll find a wide selection of environmentally friendly household cleaners, organically grown, natural foods and:

- Breads/cereals
- Organic grains/nuts/dried fruits
- Frozen foods
- Avalon dairy products
- Organic coffee
- Organic cheeses
- Body-care products
- Certified organic produce
- Commercial produce

Nourish your senses, nurture your health—come to Galiano Market and treat yourself to the lowest prices around.

2600 West 4th Ave. (at Trafalgar); phone 737-2666, **VANCOUVER, B.C.** Open 7 days a week. Or visit us in our Sechelt store on the Sunshine Coast.



Did you know that after 72 hours of picking, some fruits and vegetables can lose up to 80 percent of their nutrition?

That's why we at Grant's Farm try to give you daily picked freshness.

Because we grow all our own veggies our selection is seasonal. Weather permit-

ting we try to grow 20 or more different items. We sell direct from the farm and have a unique little store in our carport. We usually open in late May with lettuce, etc.

Grant's Farm has been growing organically for 12 years and is certified with BCARA.

For further information please give us a call: **CAM & DELLA GRANT, 941-2474, 2420 Burns Rd., PORT COQUITLAM.**



**Green
Wonder**
Barley & Wheat Grass
Juice Powder

Green Wonder is a highly concentrated, 100% natural source, organically-grown food product from Japan. Barley grass juice powder and wheat grass juice powder are the main constituents of this product. A unique method is used to preserve the fragile micro nutrients in this food utilizing the juice of the leaves

and vegetable fibre. Ashitaba juice powder ("tomorrow's leaf" herb plant) has been added to provide additional nutrients.

Ingredients: Barley grass powder, wheat grass powder, Ashitaba (Japanese Angelica) powder, brown rice powder.

No preservatives, no artificial ingredients or colour.

To purchase a jar or for more information about Green Wonder or The Marketing Plan, phone **Rock Dianocky, 255-7277 or 240-1074, VANCOUVER.**

**The
Healthy
Gourmet**



Summertime on Granville Island is much more than just shopping. It is strolling along, it is listening to jazz musicians, it is watching the clowns, etc. It is entertainment!

The Healthy Gourmet can help you feed yourself and your family with all-

organic fruits and vegetables, free-range eggs from Kelly's acres, wild Chanterelles near midsummer, great breads and dairy products, raw milk and goat cheeses, etc.

We do business in a spirit of service and encourage our customers to recycle

their bags and egg cartons. Granville Island now has a recycling service.

Our summer hours are 9 a.m. to 6 p.m. every day of the week till Labour Day. Our phone number is 685-6639.

See you on the Island!



The marriage of the health food store and the supermarket.

Environmentally friendly products.

Organically raised produce and meats.

Huge natural delicatessen.

Thousands and thousands of unique items.

Fast in, fast out. Delivery available.

Thousands of satisfied customers a day.

"Hearts—everybody has one!"

Free cappuccino, espresso, herbal or black tea with this ad.



KITSILANO NATURAL FOODS The True Meaning Of A Natural Food Store No Chemical Additives No Preservatives

At Kitsilano Natural Foods we have a strong commitment to our customers. We make the promise to carry a wide variety of high quality products and the best selection of certified organic produce available.

We specialize in natural foods. Our dairy and grocery departments offer a complete selection of products that contain only the finest natural ingredients. Our Body Care department offers high quality natural source vitamins and herbs and our cosmetics are pure and chemical free. Our deli has a variety of fresh B.C. pastas and sauces, which are made from the purest ingredients.

At Kitsilano Natural Foods, our staff is committed to excellent customer service. All products in our store are carefully selected. Furthermore, we care about our customer needs and that's why we stand by our products. We have high standards and we believe it shows!

Broadway & Trafalgar.

KITSILANO NATURAL FOODS
STORE, 2582 West Broadway, VAN-
COUVER, B.C. V6K 2E9, 734-1822.

MAGICAL CELLULAR NUTRITION

100% natural, 100 % organic herbal nutritional supplements. Effective for weight problems, skin conditions, fatigue, enhancing athletic potential, regulating blood pressure and promoting wellness.

Fully guaranteed products.

Free consultations and support provided.

Call us at 224-3180.



Now in
Richmond!

What could be better than shopping for natural foods in the easy-going atmosphere of historic Steveston?

We offer a complete selection of

- Organic & conventional produce
- Free-range eggs
- Organic coffee
- Bulk foods

- Fresh live carrot juice
- Breads and cereals
- Vitamins, herbs, books
- Herb baskets, plants, flowers

Proprietor Ray Martynuk will be happy to discuss your suggestions for new products or other ways to serve you better.

Moncton Street Market
in Steveston 3760 Moncton Street
RICHMOND, B.C.
Phone: 274-3447.

NATURAL FOCUS FOODS

North Burnaby's fine new health food store

At Natural Focus we believe that taking good care of our health is important... it's a way of life.

We do our best to make your shopping experience pleasant and convenient, by providing a friendly, clean and spacious

environment, excellent prices and plenty of parking.

We offer a full range of brand-name food supplements, books, organic grains and cereals plus groceries, dried fruits and nuts. We also have allergy diet products, sports nutrition supplements, body care products, water filters and

Champion juicers.

We are open 7 days a week, 10 a.m. to 6 p.m. (Thurs. and Fri. open till 8 p.m.)

Natural Focus Foods at Kensington Square, 6536 E. Hastings St. (at Kensington), BURNABY, 291-6112.



New Roots Nutrition: We still offer the best prices on quality brand name vitamins including:

- hypoallergenic formulas
- colon cleansing products
- cell salts, homeopathic
- unique bulk items
- Chinese herbal products
- refrigerated nuts, seeds, juices

- R.O. & distilled water
- environmentally-safe household products
- free-range eggs, bottled milk
- Mail order catalogue

We also offer hard to find products by mail order: Sports nutrition

- Pau d'Arco

Come and visit our store and let our

friendly, knowledgeable staff assist you in selecting an individual supplement program for your personal needs. Seniors' discount 10%. Write us for a catalogue.

New Roots Nutrition, 2581 W. Broadway, VANCOUVER, B.C. V6K 2E9 (604) 734-4536.



Summer is here at **Que Pasa** with lots of warm sunny days ahead. Perfect for a Mexican picnic or BBQ.

Come in for a bit of summer heat with our own fresh salsa, burritos and enchiladas made daily, great for lunch or dinner in the outdoors.

Que Pasa offers the widest selection of Mexican spices and chillies in Vancouver as well as many imported canned and dried goods.

We have a friendly and knowledgeable staff who will try to answer any questions you may have about our many products.

Come in and experience a bit of Mexico at **Que Pasa**, 3315 Cambie St., VANCOUVER, 874-0064 and Lonsdale Quay Market, NORTH VANCOUVER, 986-6344.



Good Food Was Never So Delicious!

For eleven years **Sweet Cherubim** has specialized in strictly vegetarian natural food products which contain no chemical additives or preservatives. Nothing we sell contains meat, fish, fowl or eggs. Our bakery offers freshly-baked whole-grain breads, pastries, pies and muffins. Our restaurants serve hearty soups,

burgers, generous salads, stuffed chapatis, hot daily specials & fresh-squeezed juices. We offer a great selection of: Certified organic produce * Bulk and packaged organic natural foods * macrobiotic and allergy diet foods * over 150 medicinal herbs and spices * vitamins, tonics, homeopathic cell salts * environment-friendly products * cruelty-free cosmetics * a great selection of

books & magazines * juicers and water purifiers * ayurvedic products * cleansing and detoxification products * 10% discount for seniors * Free consultation with herbalists Bob McCandless or James Shannon.

Open 7 days a week. 1105 Commercial Dr. (at Napier) 253-0969, 4242 Main St. (at 27th) 875-1082.



Friendly and personal service is our goal.

We have:

- Vitamin supplements (free consultation every Saturday with Mr. Erik Hammerum, 20 years of health food and vitamin experience.)
- Fresh organic produce
- Groceries (regular, low and no sodium products.)

- Bulk food, herbs, spices, grains, nuts, honey.
- Natural cosmetics
- Macrobiotics
- Books

Featuring in our vegetarian restaurant: hot and cold buffet with daily fresh salad bar, exquisite variety of international hot dishes and freshly squeezed fruit juices.

Open seven days a week.

Store hours: 10 a.m. - 8 p.m. Mon.-Sat.; 12-8 p.m. Sun.

Restaurant: 11:30 a.m. - 8:00 p.m. Mon.-Sat.

Woodlands Natural Food Store and Restaurant, 93 Lonsdale Ave. NORTH VANCOUVER, B.C. 985-9328.

FOOD & NUTRITION

CONCERNED ABOUT MERCURY POISONING FROM DENTAL FILLINGS

Detoxify yourself with our amazing shark liver oil. Also stimulates bone marrow to fight anemia and produce anti-cancer cells. Send \$23 to Black Sea Organics, 7312 Martin Rd., AGASSIZ B.C. V0M 1A0. (604) 796-9430.

VANCOUVER MACROBIOTIC SOCIETY

A non-profit organization founded to foster an awareness of personal and global benefits gained through a balanced and health-supportive natural foods diet.

For information about cooking classes, weekly dinners, dietary consultation and specialty foods discounts call 253-2979, or 733-1299.

CANADIAN HARVEST BAKERY HANDMADE DOUGH FASHIONS

Try our famous 9 grain cookies, naturally sweetened with only dates and raisins.

We use Nunweiler's whole grain flours and no chemical additives nor preservatives.

3067 West Broadway near the Common Ground office. VANCOUVER.

SEED OF LIFE NATURAL FOODS

Bulk foods, fresh ground peanut butter. See *Victoria & the Island(s)* section.

ENERGY FOR LIFE!

Super Blue Green Algae.
See Display Ad on page 00.

CRESCENT BEACH WHOLEFOODS BAKERY

Producing Rueger's Natural Leaven Breads and Muffins

- Using organic, freshly stone-milled flour and purified water
- Wheat-free breads and cookies
- All breads naturally risen with live culture (no baker's yeast)
- Yummy date squares, corn buns and more

Our products are available at: Kitsilano Natural Foods, New Roots, Galiano Market, Agora Food Co-op, Circling Dawn, Rose's Grocery & Cafe, Crescent Beach. Our retail outlet is open weekends during summer.

We ship anywhere in B.C. or Alberta. Call 535-0025 for details, or write 12239 Beecher Street, Surrey, B.C. V4A 3A2.

SUPER BLUE GREEN ALGAE ENERGY FOR LIFE

- A 100% wild, organic, whole food
- Perfectly proportioned amino acid ratio
- Rich source of neuropeptides which nourish the brain & nervous system
- Highest known source of chlorophyll
- Rich in Beta Carotene
- High in trace minerals & vitamins
- Excellent source of B12

For Free brochure phone Keith Maynard 736-7253, Claudette Agostini 737-9816.

GARDENING & PLANTS & HERBS



"ORGANIC NURSERY & GARDEN SUPPLIES"

- Herbs
 - Seeds
 - Books
 - Bedding Plants
- Regionally adapted varieties. Tomatoes

and peppers in 6-inch pots May-June.

- Organic Soil Amendments
- Worm Castings
- Custom-made composts
- Composting Systems
- Insect Control
- Tools

We are dedicated to serving the environmentally attuned gardener.

Located on the road to the "Reifel Bird Sanctuary."

Pan's Garden, 2630 Westham Is. Rd., DELTA, B.C. V4K 3N2.

Call Eric Veale: 946-0583.

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RICHARD HORWILL

New landscape installation, systematic maintenance programs: Trees & shrubs planted, pruned. Fences and compost boxes built; topsoil and manure delivered. Yard & garden cleanup, rubbish removal, recycle or dump?

Consultation and designs available. Ecologically, environmentally, economically sensitive.

Richard, 738-4670, VANCOUVER.

THE GREEN THUMB

Organic Garden and Home Care consultations available in the Lower Mainland, specializing in cacti cultivation for home and office.

10 year horticulture and cacti maintenance experience.

Phone Roger Baron, B.A., The Green Thumb, 669-6604 or leave message.

JOIN THE REEL REVOLUTION

with a NEW GREAT STATES PUSH REEL MOWER. Environmentally safe... lightweight... better cut. Great exercise... 3 Models available. NOW at Mt. Pleasant Lock and Repair.

3128 Main Street, VANCOUVER, 876-9012. P.S. We sharpen and repair Lawnmowers.

FILLINGS cont. from page 14
dangers present in mercury fillings.

Beryl experienced allergies, gastrointestinal disturbances and a reduced level of concentration for years previous to the removal of her fillings. The North Vancouver resident's health improves continuously.

Another North Vancouver resident, Cindy Herke decided to have both her and her daughter's amalgam fillings removed. Emma's severe stomach disturbances subsided three days after removal and have not reappeared.

The Burnaby based Health Action Network Society feels there is a growing demand for this reversal service due to the clinical evidence of connections between mercury toxicity from dental fillings and a variety of health problems.

For more information from the HANS call Cathrine Gabriel at 435-0512. 

CHERNOBYL ACCIDENT REPORT "PERVERTED"

In Vienna, Austria and London, England, the official study of the Chernobyl nuclear accident released last week by the

International Atomic Energy Agency (IAEA) has come under fire from two environmental groups. Greenpeace said the report takes at face value questionable Soviet documentation, while ignoring 700,000 irradiated people engaged in cleanup operations or evacuated from the 30 km zone around the accident site. Friends of the Earth (FoE) U.K. says staff of the British Nuclear Forum, a trade association of 70 nuclear organizations, were among "cost-free experts" involved in the IAEA study. FoE says "The IAEA's science has been perverted by vested interests and PR agencies."

NUKE PLANT RESTART CALLED UNSAFE

In Athens, Alabama, employees at the Browns Ferry nuclear plant are working to restart the facility after five years of inactivity due to safety concerns. The Nuclear Regulatory Commission (NRC) Thursday, May 23, approved the restart of the plant which is operated by the Tennessee Valley Authority. But in Washington, D.C. an environmental group headed by Ralph Nader,

criticized the restart as "ill-advised, unsafe and economically costly to operate." Public Citizen's Critical Mass Energy Project said in a statement that the three Browns Ferry reactors have appeared on every one of the semi-annual "problem plants" lists released by the NRC between December 1987 and January 1991 - the only reactors so listed.

EXXON SUES ALASKANS

In Anchorage, Alaska, Exxon Corp. and its shipping company filed documents in U.S. District Court Friday withdrawing guilty pleas relating to the 1989 Exxon Valdez spill of 11 million gallons of oil. In addition, the oil company has filed a new lawsuit against thousands of fishermen, lodge and tour operators, business and property owners and Aleut villagers who have outstanding claims against Exxon. The new suit asks for consolidation of all claims, protection of Exxon from liability, assignment of blame to state and federal governments for oil spill damages, and seeks a ruling that Exxon's \$2 billion in cleanup expenses offset damages.

VIETNAM CUTS TIMBER EXPORTS

In Vietnam, a translated radio report revealed Prime Minister Do Moui ordered an export cutback April 30 of timber and other forestry products. Any locality or unit wanting to export timber must ask the Prime Minister for permission. Along with the cutback announcement was a statement saying starting in 1992 only processed wood products would be exported.

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WORLD'S FIRST
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hEALTH, HEALING & BODYWORK



THE ALEXANDER TECHNIQUE

The Alexander Technique

... is a process of re-education through which one may learn to free one's self from the damaging effects of negative habit patterns.

This allows for improvements in co-ordination and functioning and an

enhanced ability to respond more positively to the challenges and stresses of daily life.

You will learn the principles of the technique in a series of private lessons during which you will be guided through a variety of everyday activities such as sitting, standing and walking.

As your understanding of the process grows, you will experience an increased sense of awareness and greater freedom in movement, at work and play.

For information regarding private lessons, please call **Marta Hunter, 874-3075**. Certified Alexander Teacher. **VANCOUVER**.

The
Alexander
Technique
Centre

THE ALEXANDER TECHNIQUE CENTRE

The Alexander Technique is a method by which you learn to apply the basic principles of your body's natural coordination to improve the quality of your own movement. These principles, which function unconsciously in infants and animals,

can be consciously applied to improve the functioning and integration of your whole being.

As you learn the Alexander Technique, you experience lightness, ease of movement, freedom from struggle of everyday actions and a re-awakened joy in the process of living.

The Centre's four qualified teachers provide private lessons, group classes and Tuesday evening drop-in sessions.

For more information contact The Alexander Technique Centre, #5-2505 Burrard (at Broadway), **VANCOUVER, 737-2818**.

Ayurveda



T. Sukumaran
Certified Practitioner

Ayurveda is the most comprehensive and complete science of Wholistic Healing. Sages originated this "Science of Life" in India over 5,000 years ago. These originators endeavoured to understand the function of the mind, body and spirit and heal diseases.

After interviewing the individual and analysing the pulse, tongue, hair, face, lifestyle, nutrition, etc., the practitioner pinpoints the exact (psycho-physiologi-

cal) underlying or genetic constitution and compares it with their present state of imbalance. A specific regimen suitable for that individual may comprise herbs and oils, massage, yoga postures, breathing exercises, lifestyle adjustments, fasting and cleansing and nutritional advice.

By employing totally natural means, Ayurveda rejuvenates, increases energy, circulation and lifespan and prevents disease.

T. Sukumaran is a certified Ayurvedic Specialist, having completed a six-year course at Calicut University, India, and has practiced since 1978 at India's largest Ayurvedic institution.

One day **Ayurveda Workshop**, Saturday, **July 20**.

For more information or private consultation call **VANCOUVER (604) 431-0950**.



Carolyn Beaupre, C.T.

COLON THERAPY

DETOXIFY YOUR SYSTEM Colon Hygiene

Colon therapy aids in cleansing the system of toxic build-up due to denatured processed foods, impure water, alcohol, drugs, medication, stress, lack of exercise and polluted air.

Symptoms of an unhealthy colon include lethargy, distended abdomen, constipation, diarrhea, headaches, bad breath, skin blemishes, excessive gas and digestive disturbances.

I practise the gravity flow method of colonics, using purified water plus chloro-

phyll implants. Nutritional recommendations and herbal cleansing aids are also suggested.

To make an appointment for your personal detoxification program call **731-3571** or write: #209-2760 W. Broadway, **VANCOUVER, B.C. V6K 2G4**.



COLON THERAPY

Amy Dunfield C.H.

Deep Internal Cleansing with nutritional guidance is a natural and safe way of bringing the body back to a youthful peak of well-being.

Colon Therapy is a gentle process of introducing purified water into the large intestine washing toxins out of the colon and stimulating the liver and

lymphatics to activate deep tissue detoxification.

Protect yourself from intestinal toxemia and disease and rid yourself of the symptoms of toxicity such as chronic fatigue, constipation, digestive disorders, skin disorders, headaches, allergies, muscle pain, depression and insomnia.

Vibrant health is an inside job and prevention is the key to protecting yourself from disease.

Amy Dunfield is associated with Dr. Heather Herington, N.D., D.H.A.N.P.

For your individualized detoxification program call **732-4325**, #212-2760 W. Broadway, **VANCOUVER, B.C. V6K 2G4**.



Lanice Thorsteinson
COLON THERAPIST

"In my 7 years' experience as a colon therapist, I have seen many people gain major health benefits from treatment."

Poor diet, lack of exercise or any kind of stress can lead to a build-up of toxic materials in the colon. If you suffer from chronic fatigue or lack of vitality, constant diarrhea or constipation, poor skin-

tone or circulation, colon therapy may help you. It will boost the immune system and support the lymphatic system.

All cleanses are supervised by a Naturopathic physician in a clinical setting using purified water and U.V. sterilizer system.

For appointments please call **738-4085**, **VANCOUVER**.



THE FELDENKRAIS METHOD

Discover your potential for elegant, efficient, effortless movement.

Two approaches:
Awareness Through Movement Classes—These group classes are composed of gentle, innovative exercises which help you improve posture, release excess tension, develop greater flexibility and ease in your movement and enhance

your performance in athletics and dance. Mary Lou Stanley teaches Awareness Through Movement Classes at False Creek Community Centre.

Functional Integration Lessons—These private lessons are useful for anyone, especially those with difficulty participating in classes or those who desire more rapid improvement. Func-

tional Integration lessons are available by appointment.

Mary Lou Stanley, B.A. (Psychology), and M.P.E. (Motor Learning and Control) studied with Dr. Feldenkrais and graduated from the Feldenkrais Professional Training Program in 1983.

Information, registration, appointments: **224-5784**, **VANCOUVER**.



THE HEALING TOUCH

Anne McMurtry, Ph.D.
Reiki Master

Healing Sessions

Anne's healing sessions are a unique kaleidoscope blending Reiki, crystals and gemstones and channelling.

Deep Trance Work and Past Life Regressions

Her deep trance work brings you to a lucid theta brain state where your own

symbolic imagery shapes the session.

Similarly, her past life regressions enable you to vividly re-experience your past lives, review their lessons and release any residual karma.

Channelled Readings

Anne's ability opens a line of communication between you and your

Spiritual Guides allowing them to speak directly to you.

Reiki Initiations (I, II, and III), Deep Trance Practitioner Training and Crystal and Gemstone Workshops are offered on an ongoing basis.

To inquire, please call Dr. Anne McMurtry at **734-8219**, **VANCOUVER**.



HEALING BODYWORK CENTRE

Classes to:

- Give a full body treatment combining strokes from Esalen, Shiatsu, Swedish, and Reflexology.
- Acquire sufficient training for personal or professional work.
- Enhance personal growth

- 10-week program begins Tuesday, June 18, morning class 9-12 or evening class, 7-10 p.m.
 - Weekend Workshop Nov. 3 & 4 and 10 & 11.
 - \$475 investment.
- Catherine has extensive training in Shiatsu, Reiki, MariEL Healing, Reflexo-

logy, Polarity, Anatomy, Physiology, Kinesiology and Psychic Awareness. She worked for ten years in Minneapolis as a Certified Massage Therapist.

Call Catherine Friberg, 875-0738, VANCOUVER for brochure, information and registration. Individual sessions also available. Visa.

THE ORIGINAL HASTINGS STEAM & SAUNA SINCE 1926

Private Steam Saunas

DISCOVER A HEALTHY BODY AND A HEALTHY MIND

Totally private steam saunas with private showers and private dressing lounge for women, men, couples and families (1-6 people). 70% of our clientele are women.

Steam saunas are excellent for:

- Relaxing sore muscles (after skiing, jogging, etc.)
 - Weight control
 - Stress management and meditation
 - Cleansing skin of pollution
 - Relieving colds, arthritis, headaches and allergies
- Private team and group rates for 15-

45 people for private rental of our spacious 2000 sq. ft. steam facility with TV lounge.

VISA accepted. Ample lighted parking. Open 9 a.m. - 11 p.m., 7 days a week. Reservations recommended.

Hastings Steam & Sauna, 766 East Hastings, VANCOUVER, 251-5455.

BODYWORK CLASSES with Lynda Henderson

Experiential 12-week intensives

July Dates - TBA

10 a.m. - 4 p.m.

Weekdays Also Available

For more information on these "Hands-on Dynamic" classes, please call 222-8114.

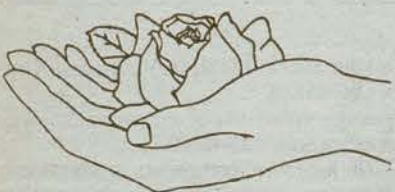
INDIVIDUAL SESSIONS

I provide a safe, warm atmosphere of unconditional love, using techniques from Shiatsu (Acupressure), Reflexology, Swedish Movements, Polarity and Reiki.

I am also a certified Trager Practitioner.

These 1½ hour sessions are profoundly relaxing. I work holistically, intuitively and respectfully. I absolutely love what I do, and you will, too.

Call for appointment 222-8114.



Integral
CHINESE THERAPY
CENTER
Dr. Joseph Wu,
D.Sc., V.P. (M.A.)

Dr. Joseph Wu is a specialist of Chinese Therapeutics, Acupuncture, Herbal medicine and medical Ch'i-Kung programs.

He has been a frequent delegate at the World Congresses of Acupuncture and Complementary Medicine; is a member of United Acupuncturists Association of B.C., and Traditional Chinese Medicine Association of B.C.; and is a life member

of Medicina Alternativa Internacional as well as Acupuncture Association of Australia, New Zealand and Asia.

Dr. Wu's treatment integrates pulse diagnosis, meridian therapy, acupuncture, and herbs to improve energy circulation, harmonize physiological functions, and relieve hay fever, migraine, arthritis, back pain, sore limbs, chronic

fatigue syndrome, depression, hemorrhoids and athletic injuries.

Courses in acupuncture and medical Ch'i-Kung are available.

For appointment or information phone 732-8968 or 275-8826. #107-1956 West Broadway, VANCOUVER, V6J 1Z2.



Light Mountain Canadian Gem and Flower Essences

are the perfect complement to any holistic therapy.

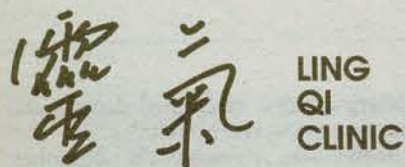
Embodying the subtle healing energies of the highest quality natural gems and Canadian wildflowers, these essences help reharmonize physical and psychological conditions directly at their source

—energetic imbalances within the chakra and meridian systems—while promoting consciousness expansion, supporting greater awareness of the spiritual implications of these conditions.

Our unique manufacturing process ensures that each bottle contains only the purest vibrational essence of the gem or wildflower from which it was created.

Light Mountain Vibrational Essences are an aid to experiencing greater Harmony within ourselves and within the Universe.

For more information contact: Light Mountain Ltd., P.O. Box 138, CAMPBELLVILLE, ON L0P 1B0, (416) 604-4011.



The Ling Qi Clinic offers treatment of chronic and acute disorders, as well as addictions, through Traditional Chinese Medicine and Qi Gong.

Edward Sanderson is a graduate of the Academy of Chinese Culture and Health Sciences. He is an instructor in acupuncture and acupressure, as well as a member of AABC.

Jian Zhong Shen is a graduate from Shanghai University of Chinese Medicine. He has also received training in Western medicine. He is a Qi Gong master and healer and a member of AABC.

Our treatment of chronic and acute disorders, as well as addictions includes

acupuncture, acupressure, qi gong, and Chinese herbal therapy. We also offer courses in acupressure, qi gong for energy and weight loss and therapeutic exercise.

We are also available for house calls. For appointment please call 875-0552. #4-47 East Broadway, VANCOUVER.

Pain Treatment Island Retreat

Li Milne R.M.T.



A WEEKEND OF TOTAL CARE IN THE SOUTHERN GULF ISLANDS

Li Milne is a Registered Massage Therapist trained in the treatment of musculoskeletal pain. Using specific techniques in massage therapy and hydrotherapy, she will work correctively by direct tissue manipulation, adjustment of faulty compensators and teaching

effective self-care.

The weekends take place at a 23 acre wheelchair accessible mountain retreat, with ocean view, natural forests, large deck area and outdoor hot tub. Comfortable sleeping rooms, spacious living accommodation, fireside evenings and fully catered meals are included. The focus is to provide complete care, allowing the body to relax and to enjoy.

Open to a maximum of four participants, weekends will include combined group therapy and a minimum of 3 hours individual therapy. Total cost \$279.

For brochure and booking dates contact: Robert McPike, Seaview Guesthouse, MAYNE ISLAND, B.C. V0N 2J0. Phone: 1-539-2047.



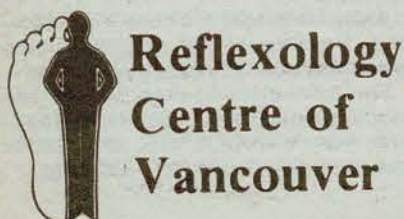
CLASSES:

Reiki I, Reiki II,
and Reiki III

The classes create a context where you can come to honour, and develop, your inherent ability to channel this gentle, loving and powerful healing energy.

PRIVATE SESSIONS & WORKSHOPS

Phone 623-2021, VANCOUVER or 335-0127, HORNBY ISLAND.



Foot Reflexology is taught and practised as a potent, safe method to free tension from the whole body. Gentle, soothing stimulation of reflexes in your feet relaxes and revitalizes every gland, organ and muscle of your body.

PRIVATE SESSIONS

Treat yourself to this blissful pleasure: \$20; \$85 five sessions.

NEW! Combine reflexology sessions with brain synchronising light and sound impulses that guide you into deep Theta state for ultimate relaxation. \$45/hr.

INSTRUCTION

Weekend workshops or evening class series prepare you to competently practise this ancient healing art; further

practice qualifies for a certificate, \$175. Reflexology Association of Canada accreditation seminars. See Education listing.

REFLEXOLOGY CENTRE OF VANCOUVER, 535 West 10th Avenue, VANCOUVER, B.C. V5Z 1K9. (604) 875-8818.

Office/Seminar Space Available: Casual, Ongoing. Reasonable Rates.



Reiki

with
SARJINA ROSTEIN
REIKI MASTER

Healing means making a change. Reiki promotes self-transformation by bringing into balance your physical, emotional and mental elements.

During your session, Reiki will release toxins from your body, relieve pain, tension and stress, as it gives you a sense of relaxation and well-being. To exper-

ience Reiki is to experience the deepest part of yourself.

In a safe, relaxing environment, we will work with your personal needs, bringing unconscious information forward to be looked at and evaluated. With understanding and trust we will unlock the keys to negative patterning, allowing

you to move forward positively and confidently... truly connected to your inner self.

For individual half-hour and hour Reiki and one-hour rebirthing sessions, call Sarina at 737-8138, VANCOUVER.

Workshops and exchanges offered. Please call to confirm dates and times.



"ROLFING WORKS!"

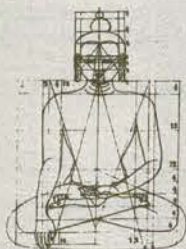
Barry Davison
Tara Detwiler

The basic premise which underlies the effectiveness of the Rolfing method is that we function best when we are in alignment with the gravitational pull of the earth. But most of us humans are not, due to accidents and injuries, long-standing habitual posture problems, and inappropriate expressions of emotions. Fortunately, the plastic nature of the

body allows it to be brought back into harmony with gravity practically any time in life. Restoring appropriate structure and movement of the myofascial (muscle-connective tissue) system provides an efficient medium for proper physiology of other systems, such as the circulatory, hormonal and digestive systems.

As the body becomes whole in its structure and function, the emotional and psychological self also evolves into a state of balance.

Barry Davison, RMT, and Tara Detwiler are certified by the Rolf Institute, and available by appointment, **The Massage Therapy Centre, 158 E. 11th Ave., VANCOUVER, 873-4150.**



ROLFING AND EMBODIMENT TRAINING

Will Johnson
Certified Rolfer

Embodiment Training offers a highly intensive format within which to experience Rolfing and the movement education work that traditionally accompanies it. Blockages at physical, emotional, energetic and attitudinal levels are addressed and dealt with. Such in-depth focusing leads us to discover our natural embodied state, an extraordinary condition marked by a heightened degree of bodily comfort,

awareness and authenticity.

Embodiment Training is presented in a series of three- or seven-day private programs that take place in a beautiful cottage on Hornby Island. A typical day may include a Rolfing session, a movement education session, plus several hours of intensive Embodiment Training processing.

Individual Rolfing or Embodiment ses-

sions are also available in Victoria and on Hornby Island.

For appointments or to receive detailed literature, call 335-0750.

Will Johnson has been a Certified Rolfer since 1976. The founder of The Institute for Embodiment Training, he is the author of *Balance of Body, Balance of Mind*.



ELEMENTS

Relaxation Centre

with
LYNN ROBERTS

Each of us has our own physical and emotional "holding" patterns. These "holding" patterns are caused by the STRESS and TENSION in our daily lives.

BODYWORK helps to create an awareness of these patterns and will assist in releasing them. I use a combination of

holistic therapies:

- * BODYWORK
- * HYDROTHERAPY
- * AROMATHERAPY
- * MUSIC

You will experience and learn new ways of creating a healthier balance between your Body, Mind and Spirit.

For personalized holistic relaxation sessions, please call **Lynn Roberts, Relaxation Therapist**. I have 8 years' training and experience, including 2 years' professional training at Sutherland-Chan School of Massage Therapy, Toronto.

Phone 688-4033, VANCOUVER.
Sliding scale available.



SEEING BEYOND 20/20

Robert Kaplan

YES! it is possible to see more clearly with less dependence on eyeglasses or contact lenses.

Dr. Robert Kaplan, an international authority on *Eye Fitness™* and author of *Seeing Beyond 20/20*, is now a resident of Vancouver. Via personal consultations, trainings and ongoing classes,

Robert teaches his unique, medically endorsed, holistic approach (including Bates eye exercises) for expanding your inner vision and improving outer sight.

As part of your daily lifestyle, learn how to change physical, mental and emotional distress into a relaxed outlook

and clear, radiant vision.

Your eyes are a precious gift. For the brilliant vision you deserve, call now to find out how Dr. Kaplan can personally assist you.

In VANCOUVER — call 737-2043 or toll-free 1-800-444-2020.

SHEN

PHYSIO-EMOTIONAL RELEASE THERAPY™

Modern medical science and the expanding field of Subtle Energies show multiple connections between emotional and physiological processes. We believe that body energy flows in patterns which include emotional centres.

The body can contract around sites of emotional trauma thereby constricting

normal energy flow. Problems begin when emotion is repressed and never normally experienced.

The non-invasive touch of Shen has been clinically validated in hospitals and mental health facilities to assist people with PMS, migraine, eating disorders, chronic pain, irritable bowel syndrome,

anxiety attacks, emotional depression, post-traumatic stress disorder.

Shen works synergistically with other modalities including counselling. If you are dedicated to life-changing emotional release work please contact Peter Judd, 731-4446 or Nora Morcos 539-5066, VANCOUVER and VICTORIA.



Situated on 69 peaceful acres of meadow and forest. Delicious vegetarian cuisine and old-fashioned hospitality from our friendly community staff.

WOMEN'S SOLSTICE WEEKEND
June 21-23
\$195

A weekend of relaxation, connection celebration and exploration. Health sessions available.

WOMEN'S WEEKEND

July 5-7

Relax and be pampered at one of our most popular programmes. \$275—3 health sessions; \$235—one health session. Includes our exclusive herbal steam (Sweden).

QUANTUM PHYSICS AND A NEW WAY OF HEALING
July 19-21

with **Fred Allen Wolfe**, author of *Taking*

the Quantum Leap: The New Physics for Non-Scientists. An exploration into visionary and self-healing techniques.

All prices include program, meals and accommodation. Gift certificates available. Rental enquiries welcome.

To register and for free brochure, write **Salt Spring Centre**, Box 1133, GANGES, B.C. V0S 1E0 or telephone: (604) 537-2326.



FELDENKRAIS WORKS

ANNA HALTRECHT

The **Feldenkrais Work** is a unique learning process that stimulates the body's rejuvenative powers. In group work, **Awareness Through Movement**, or during individual personalized sessions, **Functional Integration**, Anna Haltrecht provides you with the powerful tools and techniques necessary for integrating thinking with action, allowing you to work smarter rather than harder.

Learn how to find alternatives to limited movement patterns. Learn how

to move with more ease and efficiency. Join **Anna Haltrecht** and discover just how well **Feldenkrais Works**.

Summer Workshops on St. Mary's Lake, Salt Spring Island: July 12-14 and August 16-18, \$250 pre-registration, includes meals and accommodation. The Workshops offer a wonderful combination of playful learning and practical instruction in a warm, supportive environment.

Private Sessions by appointment in Vancouver and on Salt Spring Island.

A series of **audio cassette tapes** are now available.

Anna Haltrecht is a certified **Feldenkrais Practitioner** and movement educator with over 15 years' experience.

For information, registration and appointments please call or write 158 E. 11th Ave., VANCOUVER, 873-4150 or 254-2534; SALT SPRING 537-5681.

Herbal Medicine Could Change Your Life!



Now, for the first time in Western Canada, a registered member of the National Institute of Medical Herbalists (U.K.) is available for private consultations.

Chanchal Cabrera (M.N.I.M.H.) is a graduate of 3½ years' training at the school of Herbal Medicine, England, and

has been a consultant herbalist since 1986.

Emphasizing the 'holistic' approach, Chanchal also practices Aromatherapy and Reiki and teaches the concept of 'eating for health.'

She currently teaches herbal therapeutics for Wild Rose College and

Dominion Herbal College, and runs an ongoing lecture series in healing with herbs.

For further information and appointments, please contact Chanchal at The Galen Natural Therapy Centre, 731-3571, VANCOUVER.

International College of Traditional Chinese Medicine 3-year program and clinics

Professor Henry Lu, Ph.D.
Principal

591-8061 / 251-7884

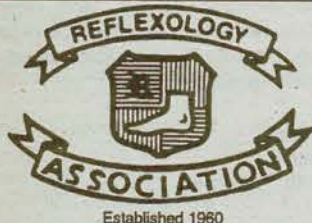
The origin of Chinese medicine dates back over twenty centuries, and this traditional method of healing diseases is still being practised in modern China. The Chinese have found it to be very effective with fewer side effects than drugs or surgery.

Traditional Chinese medicine has two

main branches: **acupuncture** and **herbalism**, which are often practiced together in China. Acupuncture is more effective for pain, arthritis, rheumatism, paralysis and diseases of the nervous system; while herbs are more effective for skin diseases, hypertension, diabetes, prostatitis, impotence and diseases of internal organs.

Professor Lu, Chinese Herbalist and Acupuncturist, has practiced traditional Chinese medicine since 1971. His clinic in Vancouver is open Tuesdays and Fridays; in Surrey, open Tuesdays and Saturdays.

For appointments call 251-7884 in VANCOUVER, 591-8061 in SURREY, 383-4894 in VICTORIA.



Reflexology is used primarily for relaxing tension. Reflexes in the feet correspond to every part of the body. Correct stimulation of reflexes helps many health concerns in a natural way: circulation improves and the flow of

energy is balanced which helps the body to normalize itself.

Our Association, the oldest in Canada, has existed since the 1960's. Referrals for foot treatments and study courses in your area are available.

For information regarding Association meetings and workshops, write or call: **REFLEXOLOGY ASSOCIATION OF BRITISH COLUMBIA**, c/o 3712 Linwood Street, BURNABY, B.C. V5G 1N5, 435-8325.



REBIRTHING A Conscious Breathing Experience.

Rebirthing is a conscious breathing technique that helps to shut down the rational mind and put the sub-conscious in a state of availability.

By accessing the sub-conscious you can become aware of the negative conditioning from your past, going as far back as your actual birth. To accept and

then release the affects of your past, allows you to open up to your unlimited potential.

This breathing technique increases the flow of healing energy in the body, reducing stress and creating a state of bliss. Most importantly of all it is a way of celebrating yourself.

For a rebirthing experience or just more information call: **Daulat Smith**, 438-9126, (Certified by Health Training Group).



Transformational Bodywork

DEVAKI DRACHE

Is there more to life than seeking, stress and struggle? Devaki's TRANSFORMATIONAL BODYWORK offers you a totally new way of being with yourself so that pain and stress can be dissolved. This can lead to a deep and ongoing sense of peace. Stress and disease are often a holding away—a separation from Love. When you realize that you don't have to try or struggle to be something or someone... you are free to relax and let go into a new, effortless way of living.

In a supportive environment with Devaki, highly focussed touch as well as verbal communication help to bring unconscious material into consciousness. When old wounds, tension, angers and fears are released, there is room for healing. It is then possible to connect with something greater than mind and body—true Being, Self or Heart.

In addition Devaki offers soothing and deep touch bodywork drawing from Esalen, Swedish, pressure point, Chu'ka

and intuitive approaches.

Devaki Drache, Registered Clinical Counsellor, studied with Marion Rosen, who later developed Rosen Method bodywork. Devaki has California certification in massage. She has been in private practice since 1974 and involved in spirituality for over 25 years. It is her deep connection with spirit/essence which facilitates her work with people.

Office at 1965 W. Broadway.

Appointments: 222-2054.



ROLFING

Amas Nir
Advanced Certified Rolfer

Rolfing actually changes the structure of your body by the manipulation of the connective tissue.

People choose to get rolfed for several reasons:

They have pain, often in the neck or back or other parts of their bodies and have chronic patterns of tension.

They want better performance from their bodies in sport, dance or everyday activity (by working with Guy Greavette, he became the Canadian champion in 1988 in weight lifting in 90 kg class and broke his record twice).

They want better posture.

They want to grow psychologically and release old emotional issues stored in the body which are holding them back.

For information and appointments, please call **Amos Nir**, R.M.T., B.A., certified by Rolf Institute, 875-6568.



BRIDGING TRADITIONAL AND INNOVATIVE
APPROACHES TO HEALTH

"Bridging traditional and innovative approaches to health."

Fred Samorodin and **Eva DiCasmirro**, both licensed physiotherapists with 14 years' experience, have combined their skills into an **integrated treatment approach** which addresses physical disease as well as the influence of long-term and post-traumatic stress.

Fred uses **craniosacral therapy** for somato-emotional release of your energy blocks, for pain, malocclusions or physical trauma.

Eva tailors her program on a **detailed lifestyle and pain assessment** from which she then develops a management approach to increase your mind-body awareness through **autogenic training**,

guided imagery, **breathing techniques** and **relaxation training**.

Fred Samorodin, BSR, MCPA, **Eva DiCasmirro**, P.T., Registered Physiotherapists, **Broadway and Granville Physiotherapy Clinic**, Suite 206, 2590 Granville St., VANCOUVER, V6H 3H1. Telephone: 732-6323 or 731-7514.

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DENTURIST

At the Victoria Drive Denture Clinic we feel that everyone deserves our very best. Quality dentures require a perfect blend of comfortable, secure fit and a natural look.

Our personalized service, commitment to using high-quality materials and construction methods ensure that our clients receive dentures suited uniquely to them.

As denture specialists, we offer services in the fitting and construction of **full dentures, relines and repairs**. We use cadmium-free denture base and processing methods that greatly reduce tissue irritation by creating denser, more perfect-fitting dentures.

All work is completed at the clinic, so expect high quality at a reasonable fee.

No one need suffer from ill-fitting, unnatural looking dentures. A confident, comfortable smile greatly enhances a more positive self-image. For a free consultation, call **Friedrich Brumm** at: 325-1914, 5457 Victoria Drive, VANCOUVER, V5P 3V9.



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nique utilizes a conservative approach with less tooth reduction and can often be done without local anesthetic. Bleaching and implants are also available.

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DR. JINGSONG TAO FROM
SHANGHAI COLLEGE OF
CHINESE MEDICINE

Are you suffering from any chronic illness? Are you bothered by any physical or emotional problem? Talk to JingSong, a highly experienced doctor from China, who is a faculty member of the Shanghai College of Traditional Medicine and the Canadian College for Chinese Studies. He is more than willing to help you with acupuncture and Chinese herbal medicine in the clinic near UBC.

For an appointment call JingSong Tao at 734-8048, VANCOUVER.

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Be an active supporter and promoter of Holistic Healing. Take this opportunity to affirm your beliefs and take action to make a difference. Join the British Columbia Holistic Healing Association.

Call now: (604) 732-3085. Everyone's welcome!

GIVE YOURSELF THE GIFT OF TOUCH

- Reduce physical and emotional stress
- Release emotional blocks and post traumas
- Relieve Pain
- Relax and enjoy

Experience the exquisite wonders of your body through a variety of bodywork techniques.

Body work by Denis Berger 876-6723.

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SALLY ABRAHAM, R.N., B.S.R.

Knowledge and caring are needed for healing and relaxation. Sessions include massage, reflexology and shiatsu. Release psychological blocks to aid the healing process.

Also, stress-reducing neck and shoulder massages given in your workplace.

Referrals.

Call Sally for appointment at 228-1985.

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CERTIFIED ACUTHERAPIST

My treatments include acupressure, deep tissue work, reflexology, energy movement and intuitive bodywork.

One 90-minute session \$50.

One 120-minute session \$60.

For your powerful healing experience call Karen Saleh, 986-1030, NORTH VANCOUVER.

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Experience and learn principles of relaxation and releasing tension with practical applications for home and work. A unique combination of therapeutic touch, acupressure, and traditional relaxation methods.

Appropriate for self-help or helping a family member.

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REIKI MASTER

Meghan Sawyer

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Acupuncture is an effective therapy for a large variety of functional disorders.

This therapy is now offered at The Galen Natural Therapy Centre, #209-2760 W. Broadway, VANCOUVER.

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See logo ad in Health, Healing & Bodywork section.

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I will help you use the healing power of food and lifestyle changes to rebuild your health. Seminars and group studies begin in September.

Shiatsu treatments also available—\$50 per hour, \$25 per 1/2 hour.

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The Iris reveals weaknesses, toxicity, and recovery ability. Herbs and Juices build and clean. Muscle testing improves accuracy in picking Herbs, Juices and Foods as everyone is unique.

Be healthy, enjoy life.

Consultations and night school courses.

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NAN & CHRIS LOVE

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"Acknowledging and accepting our roots brings us to a deeper experience of being at peace with ourselves."

- Gabriel Cousens

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I work from the basis that our bodies remember joys, sorrows, fear, frustrations. Unexpressed, these feelings play havoc in our lives, undermining our true potential.

Using touch, breath, imagery and body awareness, my shiatsu treatments help you free unexpressed emotions and gain clarity.

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See Victoria & the Island(s) Health, Healing & Bodywork section.

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Moonwit menstrual pads.

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ANCIENT HAWAIIAN MASSAGE

This transformational bodywork, which I learned from Hawaiian Kahuna Abraham Kawaii, combines touch and energy work with ancient wisdom. My touch invites the soul's blueprint for this life into awareness and body consciousness.

Janet Hobbs, 261-2715, NORTH VANCOUVER.

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Homeopathy treats physical and psychological problems. It stimulates self-healing. The remedies are non-toxic.

Homeopathy has produced excellent results where conventional methods have failed.

Eight years' experience.

Home visits and affordable consultations.

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Experience this oriental bodywork to release tension and rebalance body, mind and spirit.

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Call Sarah, 734-2950, for more details. VANCOUVER.

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Develop harmony and joy in your life with this unique approach to increase your immune system and relieve emotional stress while developing self-discipline and confidence.

For an appointment call Marc Tey, P.I.T. at 324-8002, VANCOUVER, 542-4486 VERNON, or 763-3566 KELOWNA.

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An oriental healing massage that increases and harmonizes vital energy flow.

Relieves stress, headaches, back problems, insomnia, etc.

90 min. session \$60

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Energize your body now!

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Verna is a graduate of the West Coast College of Massage. She is trained in Swedish Massage, giving the appropriate therapeutic massage techniques for your specific conditions.

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Release limiting beliefs, find new choices. You have the answer. I'll help you by creating safety to explore using:

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My hands are controlled by Spiritual Guides while we work together with physical, mental and emotional patterns in your energy.

Guided visualizations. Energy channelling. Certified Reiki/Polarity therapist. Relationships—counselling for two.

Fees negotiable. Janet Miller, 732-3558.

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For sessions, Level I/II Initiations, to sponsor classes in your area, contact Beverly 538-6258, WHITE ROCK.

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European Homeopathic Remedies (natural medicine) for the conscious health person. We have Homeopathic Emergency Kits, Odourless Garlic, Herbal Toothpaste, Nightrest, Red Valerian, etc. We can answer all your questions.

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CANADIAN COLLEGE FOR CHINESE STUDIES

See Education section.

MARION JOHNSON, R.N., B.S.W.

Reiki Master

See Education section.

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• a large selection of sterling rings, pendants & earrings
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Rosalie Miles still offers her **psychic readings** at the shop by appointment!

Drop by our new location soon! It's a truly wonderful space with a green hardwood floor, lots of plants, soft lighting and great music! Just look for the balloons floating outside the front door at...

2615 ALMA STREET (between 10th & 11th Ave.), VANCOUVER, B.C.
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freshness of ideas. Their approaches to solving any problems have enhanced a great number of personal and business successes. A reading with THE EVERGREENS is an experience many have said was a turning point in their lives.

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Anne McMurtry, Ph.D.

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Anne's healing sessions are a unique kaleidoscope blending Reiki, crystals and gemstones and channelling.

Deep Trance Work and Past Life Regressions

Her deep trance work brings you to a lucid theta brain state where your own

symbolic imagery shapes the session.

Similarly, her past life regressions enable you to vividly re-experience your past lives, review their lessons and release any residual karma.

Channelled Readings

Anne's ability opens a line of communication between you and your

Spiritual Guides allowing them to speak directly to you.

Reiki Initiations (I, II, and III), Deep Trance Practitioner Training and Crystal and Gemstone Workshops are offered on an ongoing basis.

To inquire, please call Dr. Anne McMurtry at 734-8219, VANCOUVER.



KASANDRA

KASANDRA is available for readings. Through numerology and tarot, Kasandra holds a mirror to your life, reflecting its phases with great clarity.

The outstanding practical functions of a reading by Kasandra are immediate and sensitive guidance, measurement of personal life cycles, perceptive analysis

of one's potential and indicators of new directions in life. Her highly-developed intuition is complemented by insight gained from years of studies in psychology.

Kasandra has also been the advice columnist for *Woman to Woman* magazine for the past six years. As a measure of

where and how far one can go in life, Kasandra's readings are unmatched.

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Ron Knight NUMEROLOGIST

Numerology is an easy, applied knowledge which brings results.

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- business
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Numerology is a powerful tool to help you direct your energy.

My main focus will be on what your purpose is for being here and how to align your efforts with this purpose.

By knowing your birth path or your primal soul abilities, the year you are in and the cycles you are in, you have a

choice to line up your efforts with your name and birth path abilities and produce some lasting rewards. By knowing when to move or when to be still, you move in harmony with the forces in your life.

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Dickie Motherwell is a graduate of the Universities of Calgary and Saskatchewan. She holds Bachelor's degrees in Music and Education. She is also a student of Psychology and Philosophy.

Since 1981 she has worked as a professional psychic participating in call-in radio/television shows, reading voice

energies and answering listeners' questions.

Dickie is a lecturer in Psychic Awareness and Development, Energy Fields, Clairvoyance and Clairsentience.

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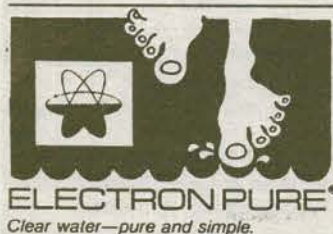
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For information contact 874-1968. Phone weekdays 9 a.m. - 4 p.m.



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In Indonesia, Marc studied with five different masters and he has 30 years' experience as a practitioner of Kung Fu

and meditation. Marc has 10 years' experience teaching Kung Fu. He has also travelled internationally giving workshops and seminars on his philosophy and method of teaching.

For class schedule information and registration, please phone 324-8002, VANCOUVER.



The Taoist Tai Chi Society of Canada is a non-profit organization, with affiliated clubs across Canada, teaching a Taoist style of Tai Chi brought to Canada in 1970 by Mr. Moy Lin-Shin.

This unique Taoist style combines aspects of Tai Chi, Chi Kung, Pa Kua, Hsing I, meditation. It is designed to

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INFORMATION:
Taoist Tai Chi Society of Canada
Vancouver, 681-6609
Surrey, 589-1777
Victoria, 383-4103
Nanaimo, 758-2088
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Sat., 2:30-3:30 p.m. Qigong (1); 3:30-4:30 p.m. Water style (or Bagua); 4:30-5:30 p.m. Hsing Yi; 5:30-6:30 p.m. Qigong (2 or 3)
Sun., 2:30-3:30 p.m. Wushu training; 3:30-4:30 p.m. Omay, Shaoling style; 4:30-6:30 p.m. Wushu Sanshou (fighting skills)

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Susan also teaches at the West End Community Centre (689-0571) and in North Vancouver at the Lonsdale Recreation Centre (988-9166). Fall session begins in September.

Susan also offers weekend workshops and private sessions.

For more information phone Susan at 929-5399.

mEN'S SECTION

VANCOUVER Men's Evolvement Network

Vancouver M.E.N. is a non-profit, volunteer organization that sponsors workshops and activities on men's issues, primarily within the mytho-poetic perspective as espoused by Robert Bly and others. We also help men form into

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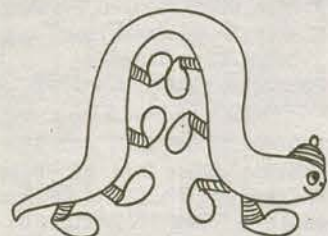
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He graduated from the College of Psycho-Therapeutics in Kent, England in 1977 and received initiation in native American crystal healing through Dhyani

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References available.

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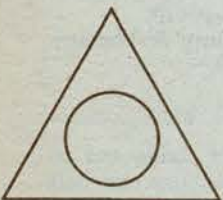
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Irene Dinyer-Fraser is the publisher and editor of "Investment Notes", an economic and market letter that has been in circulation since 1980. She is also

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Daeniela Bheumont

Reg.
Psychologist

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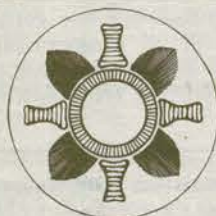
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Empowerment for Women, and a weekly healing circle starting March 7th on a weekly drop-in basis.

For more information call **Brenda R. Bryan, SURREY-WHITE ROCK, 538-5952.**



The Core Belief Engineering Process reaches deep-seated beliefs affecting total personality: it transforms unprofitable and limiting beliefs into powerful, life-enhancing actions and choices.

Core Belief Engineering's gentle methods build conscious choice and free up talents and abilities. With major

fears, compulsiveness, and emotional/ mental blocks relieved, you can spend your energy and time enjoying better health, greater creativity and doing more.

Elly Roselle, founder and developer of the Core Belief Engineering processes, has counselled and taught across North America. Her methods have helped

thousands to find strength and solutions that last.

Call for information on counselling, lectures and seminars.

CORE BELIEF ENGINEERING LTD., 15459 Semiahmoo Ave., **WHITE ROCK, B.C. V4B 1T7.** (604) 536-7402. FAX (604) 536-0804.



RHEEN HERRICK Individual Counselling

Inside each of us is a child waiting to be heard.

By giving voice to your inner child, self-defeating patterns are released.

In a safe, supportive atmosphere we will gently explore the painful areas that act as blocks to your well-being. By focusing on unresolved traumas and the effects they have in the present, you can

come to the place of resolution.

Our goal together is to discover personal growth, self-fulfillment and inner peace to overcome:

- sexual abuse/incest
- physical abuse
- emotional neglect
- loss and grief
- abandonment

- abortion trauma
- problems of parenting
- low self-esteem

As a trained counsellor and early childhood specialist of 16 years, I offer support to individuals who are ready to take the next step to reclaim their lives.

For an appointment phone Rheen Herrick, 224-6540, VANCOUVER.



PAT HORNE INDIVIDUAL COUNSELLING MEDITATION CLASSES

Healing occurs in a respectful, supportive, loving environment. I provide individual counselling in such an environment, guiding you through the "feeling work" to your own insights, information and inner resources. Changes in behaviours and old patterns happen naturally as a result of this process. The freeing of

locked-up painful feelings leads to the joy, creativity and actualization of purpose that is your birthright!

I focus on issues stemming from dysfunctional families, including inner child, ACOA, co-dependency, abuse in any form, neglect, deprivation, loss and grief.

My approach is a unique blend of psychology, spirituality and psychic arts, reflecting 10 years of study and personal growth.

For an appointment, or information on classes, call **Pat Horne, 736-2718, VANCOUVER.**

Holotropic Breathwork

Holotropic Breathwork has a foundation of 30 years of research into the extraordinary healing and transformational effects of expanded human consciousness. The combination of breathing techniques, evocative music and focused bodywork used in Holotropic Breathwork frees our consciousness to move beyond the frustrations of limiting roles and patterns.

This healing method is an opportunity to work through major issues such as addiction and co-dependency, depression

and anxiety, and blocks to creativity and self-expression. In Holotropic Breathwork we gain access to our true spiritual nature.

SUMMER WORKSHOPS

- June 21-23 or
- Sept. 27-29

The Quest for Freedom: Healing Ourselves Through Holotropic Breathwork

Experiential introduction to the theory and practice of Holotropic Breathwork as developed by Stanislav Grof.

• Ongoing Holotropic Breathwork

These group sessions are available for individuals interested in ongoing self-exploration and healing.

All programs are led by Djuna and Rollin Harper who have been facilitating Holotropic Breathwork since 1984.

For our summer calendar of events and free newsletter or further information, call (206) 599-2106 or write Bodhi Creek Farm, 7601 Kendall Road, Maple Falls, WA 98295.



Barbara Katz presents

SINGLES SEMINARS

- EXPANDING YOUR SOCIAL NETWORK

June 22nd

- LOVE IN THE 90'S

July 13th

- DISCOVERING YOUR LIFE PURPOSE & MEANING

August 10th

Gordon Neighbourhood House,
1019 Broughton Street at Nelson in
Vancouver.

Seminars are \$95 including GST. Lunch provided. Workshops are followed by potluck supper, toning exercises and singing.

For a brochure please call 736-7611.



ARE YOU TROUBLED BY?

- Pressure & Stress
- Feeling trapped
- Low self-esteem
- Poor relationships
- Resentment
- Guilt
- Fear

WOULD YOU PREFER?

- Creativity and Energy
- Sense of Freedom
- Self-worth
- Ease in Relating
- Acceptance
- Clarity
- Confidence

ACT NOW:

Lillian, Registered Clinical Counsellor, has been helping people, including many professionals, bring about meaningful changes in their lives for over 20 years. For an appointment phone... **261-4610. VANCOUVER.**



Lighten Up

LIGHTEN UP is a delightful and enjoyable experience of unconditional love, laughter and freedom. Through this series of healing sessions, individuals dissolve fears and blocks at such a fundamental level that they are transformed and released from working on themselves to playing in the Universe.

Thus relieved from struggle, pain and suffering, all activity can become activity which en-light-ens, rather than hard work and serious business.

LIGHTEN UP puts fun, joy and ease into self-improvement as well as life itself.

There is no wrong way to become en-light-ened, only increasing discoveries of greater joy, fun, love, laughter and light. You are light!... **Lighten Up!**

For appointment, please call James F. Shea, B.A., M.A., **263-0701**, or write Kerrisdale Professional Centre, Suite 340, 2025 W. 42nd Ave., **VANCOUVER, B.C. V6M 2B5.**



Lorraine Milardo Registered Psychologist

You can change your life.

Lorraine Milardo is a registered psychologist and certified hypnotherapist. Through individual sessions, workshops and seminars she helps people create positive transformation in their lives.

This is a holistic approach to empowering individuals and couples. It includes:

- gestalt therapy

- creative imagery and visualization
- relaxation and stress reduction
- dreamwork
- loving relationships counselling
- hypnosis — for weight loss

- to stop smoking
- confidence building
- deblocking past traumas
- age regression.

For seven years Lorraine Milardo has been committed to helping others help themselves to find fulfillment and personal happiness.

Appointments are available Tuesday to Saturday. Call Lorraine Milardo, Reg. Psychologist at Creative Transformations Ltd., **669-9699.**

Extended Medical Plans are accepted.



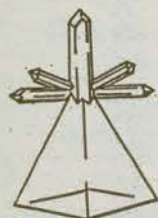
You Just Don't Understand Me!

Many arguments would never occur if we knew how to communicate. Good communication is essential to be an effective person, partner or parent. Come join the experienced team of **New Meanings Workshop and Counselling Group** for a one-day session on **Effective Communication.**

This experiential workshop will look at how men and women convey meaning differently, verbal/non-verbal and effective/non effective patterns of communication. Choose one day from the following workshop dates: **June 22, July 6, or July 27.** Cost: \$95, 10 a.m. - 5 p.m. Space is limited so early registration is recommended.

Future workshops include: **Relationships, Stress Management, Anger Management, and Career Exploration and Vocational Assessment.**

FOR FURTHER INFORMATION and REGISTRATION contact Sandy **420-8981.**



PAST LIFE REGRESSION AND HYPNOSIS

PAST LIFE REGRESSION

Experience your past lives in a safe and nurturing environment. Learn the reasons why you have carried forward feelings and beliefs.

I will guide you through your past lives in great detail and through the bardo state (in between lifetimes) to help you unlock the reasons why you chose this life and to help you release

patterns and karma that you may have carried forward.

HYPNOSIS THERAPY

Through my years of experience with hypnosis, I have developed unique and gentle ways of unlocking the subconscious mind, thereby releasing the cause of emotional, physical and mental blockages or pain.

I specialize in: emotional trauma,

sexual abuse, inner child healing, unworthiness, fear and guilt, depression.

Past Life Regression workshops also available on an ongoing basis. I will teach you how to guide yourself (and others) into your past lives with ease and clarity.

Please call **Laurel Phelan at 322-0642** (Cambie at 63rd), **VANCOUVER.**



Bianca Rucker R.N., B.Sc.N., M.A. Sexual & Relationship Therapy

Resolve your sexual difficulties or relationship conflicts be they recent or long-standing. Using brief therapy and/or self-hypnosis, I help people solve concerns such as:

- communication problems or conflicts in the relationship
- sexual desire discrepancies between

partners or lack of sexual interest

- for men—erection problems or premature ejaculation
- for women—difficulties with orgasm, discomfort with intercourse, or inhibitions in sexual expression.

If sexual passion is lacking or love-making has become boring, schedule a

counselling session to begin revitalizing your sex life.

Clients are accepted by referral from family physicians or by calling directly for an appointment. **Bianca Rucker, 1431 Howe St., VANCOUVER, 688-6567.**



SAMANTHA SANDERSON Counselling

RECLAIMING POWER

Counselling for people who are:

- taking, or wishing to take, leadership in their lives
 - involved in liberation/world change work
 - wishing to improve relationships
 - wishing to free themselves from unproductive patterns of behaviour;
- Individual and group sessions to develop skills in:
- listening
 - group leadership

- peer counselling
- parenting

Based on Re-evaluation Counselling theory which assumes every one of us is born with vast intellectual potential, natural zest, and lovingness which becomes obscured in adults through the effect of accumulated distress experiences (fear, hurt, loss, embarrassment, etc.) beginning very early in life.

By reclaiming our ability to use our natural healing processes (crying, trembling, raging, laughing), we can free our-

selves of rigid patterns of behaviour and feeling left by the hurts we have experienced. The effect of this work tends to make us more effective in looking out for our own interests and the interests of others, and makes us more capable of acting successfully against injustice.

Samantha Sanderson, B.A., L.L.B. 15 years' experience as a Re-evaluation Counselling teacher and leader.

For information **290-9287, VANCOUVER** or **947-2254 BOWEN ISLAND.**



Social Anxiety Support Group

Fear of making oneself "visible" in social situations is a common experience for countless people. This fear can manifest itself in such ways as withholding remarks during an office meeting or avoiding a social gathering altogether. When social anxiety becomes an unwelcome pattern in life, why not explore

the benefits of a ten-week-long support group?

In a warm and trust-building setting, look at * different treatment and philosophical approaches to social anxiety * the roles of diet, past experiences, distorted thinking, imagination and will, and learn to * desensitize yourself to

criticism * challenge negative inner voices * tap into inner strength.

Individual therapy also available. Call **Erika B. Hilliard, M.S.W., R.S.W.**, approved by the Board of Registration for Private Practice. **732-4222, VANCOUVER.**



Katie Stuart, M.A.

Counselling and Therapy for Personal Growth and Healing. In a gentle, nurturing atmosphere, creativity is encouraged using Expressive Therapies:

- poetry, creative or journal writing
- weaving, woodworking, sand play
- play therapy (children), dream work
- creative visualization, art therapy

Counselling can help you with:

- grief and loss
- relationship or behaviour issues
- childhood physical or sexual abuse
- anxiety or panic attacks
- depression and stress
- restoring self-esteem
- spouse abuse

Appointments are available day or evening for individuals, children and families.

Katie Stuart, M.A. 254-7257, VANCOUVER.



Transpersonal
Empowerment
Mind Training
Consulting

INDIVIDUAL THERAPY FOR:

- Exploring Past and Present Concerns
- Overcoming Fears and Phobias
- Attitudinal Healing
- Self-Image and Confidence
- Abuse and Shame
- Behavioral Changes
- Managing Stress/Tension/Anxiety
- Personal Empowerment . . .

Create emotional, mental and spiritual well-being. Heal the child within . . .

You can transform your life, using the resources of your subconscious to have the changes you desire and keep them.

My dynamic approach is eclectic in nature, gentle (yet powerful), reflecting humanistic, altruistic and holistic concerns, helping you **Heal Your Life**,

through clarity, understanding and Self-empowerment.

Therapy is client-centred, direct, practical and safe. My clients find the process easy and exciting! **Discover your potential. . . . Bring meaningful change to your life . . . Now.**

For appointment call Joseph Schmid, 322-0864, VANCOUVER.

MAUREEN BLAINE-WHITE HYPNOTHERAPIST/COUNSELLOR PSYCHIC

Therapy & counselling service or psychic readings.

"Discover your potential and change your life."

Certified in Ericksonian Hypnotherapy and Neuro-Linguistic Programming.

Phone 430-4331, VANCOUVER.

PATTI CAWSEY, M.Ed. REGISTERED CLINICAL COUNSELLOR

- ACOA/dysfunctional family/co-dependency issues
- money issues
- compulsive behaviours, addictions
- Self-esteem, Co-dependency, Anxiety, Fear workshops

I work with individuals, couples, children, families, using a supportive, professional approach.

Phone 224-3476.

COUNSELLING & THERAPY BARBARA BJORNDAL, S.W.

For individuals who want to experience fuller, positive, loving, creative lives.

Focus:

- Problems with anger, depression, anxiety.
- Sexual, relationship, intimacy issues.
- How to change negative thought and behaviour patterns.

Sliding scale.

Telephone: 251-9561, VANCOUVER.

CONTROL: ALCOHOL MODERATION PROGRAMS

WILMA DIXON, B.A., R.S.W.

If you or someone you care about has an alcohol problem, call us. Professional help for people who want to reduce their alcohol consumption and regain control in their lives. Individual and Group sessions. Also available: Alcohol Education Workshops in the Workplace.

FREE confidential telephone consultation. 732-4965.

COUNSELLING & THERAPY FOR WOMEN

MICHAELA JOHNSON, B.S., M.A.

I use an eclectic approach in my work, integrating gestalt, hypnosis, encounter and dream work with feminist theory. My specializations include issues in sexuality, relationship counselling and working with addictive thought patterns and behaviours.

Phone 733-7721, VANCOUVER.

DEVELOPMENT AND EMPOWERMENT OF BODY MIND AND SOUL

Transcend Pain-Stress-limitations. Discover Self to integrate and formulate your character and your personality. Day and evening—private and group sessions. Individual profiles and goals.

Amber Lodge. Charles. Appointment: 731-2714.

DRAMATIC THERAPY WITH SHELORA FITZGERALD, M.Ed., R.C.C.

Stuck? Bored? Hurting? I'm a registered counsellor, therapist, actress and writer. I use various psychodramatic techniques to help heal childhood wounds, rewrite your life script, and explore your creative potential. Free half hour consultation. Call 987-0867.

HYPNOTIC REGRESSION THERAPY & COUNSELLING

EROCIA SHALER
REGISTERED PSYCHOLOGIST

Using hypnotic regression therapy, you can recall past experiences which have shaped present life problems and re-program your inner mind to let these old experiences go.

Special interest in addiction and sexual abuse problems.

Fees tax deductible. Extended Benefits. Phone 731-7737. Office: #201-2245 W. Broadway, VANCOUVER.

JUNGIAN ANALYSIS

Conscious and unconscious (dream/fantasy) motifs point to one's unique way towards wholeness rather than perfection.

- Personal depth analysis, therapy, consultations for individuals and/or couples.
- English, German, French
- Dream workshops and lectures on request.

Scott Hyder (C.G. Jung Institute, Switzerland, 5½ years' training). 224-7707, VANCOUVER.

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Treatment of emotionally-founded difficulties in private setting with total confidentiality.

For adults and adolescents:

- Individual depth analysis through exploration of unconscious meaning
- Individual guidance in self-analysis including analysis of dreams

For children:

- Psychotherapy using play and storytelling. VANCOUVER, 266-5354.

Office: 314, 2025 W. 42nd Ave.

PSYCHOTHERAPY, SPIRITUAL DIRECTION

BARBARA BLAKELY, B.A., D.Min.

We carry the pain of our histories in our hearts and bodies; we can release our natural healing processes to free our feelings and our power.

I work with:

- sexual abuse
- sexual identity
- dysfunctional families, co-dependency

I use a client-centred approach to build trust and relationship. I integrate that with Gestalt, spirituality, and Feminist vision.

VANCOUVER, 873-1450.

REBIRTHING

For a feeling of rejuvenation and a wonderful release of tension. Old fears, pain, guilt, repressed emotions and memories are gently brought to the surface where you can re-experience and easily release them.

I use the principles of the I CHING and A COURSE IN MIRACLES in my sessions and provide an atmosphere of unconditional love and support.

Amanda Jewell 737-2150.

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Self-Hypnosis—Smoking—Weight—Stress—Confidence—and much, much more!

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TIM J. SULLIVAN, M.Sc. THE JOURNEY OF TRANSFORMATION

Tim has extensive background in counselling, assessment and consulting with 22 years of self-realization work in modern mystical schools.

Learn how to:

- Make better lifestyle choices
- Resolve emotional/behavioural issues

Discover your life as The Journey of Transformation. Phone: 224-4291.

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"We believe that counselling is NOT a lifelong process; it has a beginning, middle and end."

Individual and family counselling, plus workshops and groups using experiential techniques.

- Relationships and Family Roles
 - Co-dependency
 - Adult Child Issues
 - Anger
 - Self-esteem and Shame Healing
 - Parenting Skills
 - Work Dysfunction
 - Stress and Lifestyle Management
- Maureen Ludwig Gold, Elaine S. Stoll, VANCOUVER, 732-9136.

CORE BELIEF SYSTEMS™ WORKSHOPS

See Victoria and the Island(s) Events section.

MERIDIAN HOLISTIC HEALTH CENTRE INC.

See Victoria & the Island(s) Health, Healing & Bodywork section.

MUSIC THERAPY

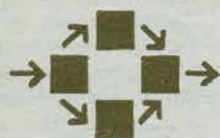
With Helen Osoba.
See Arts & Music section.

SEXUAL & RELATIONSHIP THERAPY

BIANCA RUCKER, R.N., B.Sc.N., M.A.

See Logo listing under Psychology, Therapy & Counselling.

R ELATIONSHIPS



CONNECTING
(Mediation Associates)

CONNECTING offers a new way of solving old problems. Mediators work by helping you discover a mutually agreeable resolution to conflicts in your family, relationship, business, workplace, or neighbourhood. Whether you are dissolving or preserving a relationship, mediation or conciliation may well be the answer.

MEDIATION and CONCILIATION

- are cost and time-effective
- give you new problem-solving tools
- have a high success rate
- resolve issues while preserving relationships

Call CONNECTING for a confidential assessment of your conflict. If mediation is appropriate, we will set up a convenient time for you to start CONNECTING. **Jill Schroder** and **Michael Raynolds** 662-7561.

If you don't need this service right now, perhaps you know someone who does. Pass it on.



Soul Mates
has joined
RENAISSANCE
INTRODUCTIONS

If you are single and would like to be in a committed, lasting relationship, talk to Sylvia and Cal Harder about:

* **Soul Mates Introductions**—a professional matchmaking service for the spiritually and metaphysically-minded

* **"Open Your Mind To Love"** weekly classes that teach you how to create and maintain a vibrant, lasting, joyous relationship. Call for dates and times.

For a New Beginning call **Renaissance Introductions of Vancouver, Inc.**, #101-1260 Hornby St., VANCOUVER, 684-7441.

ALLAN A. COHEN, B.A., R.C.C. RELATIONSHIP COUNSELLING

- twenty-one years' experience as a
- counsellor
- consultant
- trainer of counsellors
- member/B.C. Association of Clinical Counsellors

— Spirit in Relationship Centre co-founder

Counselling for couples and individuals struggling with relationship issues including communication, intimacy, vulnerability, emotional expression, boundaries, commitment, and healing the wounds. 732-4204, VANCOUVER.

SPIRITUALLY MINDED & SINGLE

Meet a compatible mate through accurate analysis based upon your astrological sign. We offer personalized service, astrological readings and social functions at reasonable prices.

Call Candlelight Int'l. 433-8165, 731-4403.

R ESTAURANTS



Greens and Gourmet has become the natural talk of the town.

Greens and Gourmet's international menu includes:

- a humungous salad bar
- hot and cold self-serve buffet
- a great menu including traditional macrobiotic, ethnic and raw food dishes

- a California-style fresh juice bar
- a great natural breakfast menu
- incredibly delicious natural desserts and pastries.

All this beautiful food is served at reasonable prices in a charming natural atmosphere.

Greens and Gourmet is committed to

fresh, natural and organically grown ingredients wherever possible.

Greens and Gourmet is open for your convenience **everyday** for breakfast, lunch and dinner 9:00 a.m. - 10 p.m., weekdays, 8:00 a.m. - 10 p.m. weekends.

Greens and Gourmet, 2681 W. Broadway 737-7373.



Natural Gourmet
... on Broadway

Woodlands Natural Gourmet Restaurant offers one of the finest vegetarian dining experiences anywhere... with an extensive hot buffet selection of international entrees—all prepared without any artificial ingredients.

We bake all our own breads, pastries and desserts daily. Our salad bar is

dressed with a delightful variety of garden greens and fresh fruits. Visit the new **Atrium Dining Room**, "Vegetarian food served with a touch of real class." -*Vancouver Sun*. Open 5-10 each evening. Perfect for parties or group meetings. Licensed.

Open daily: 7 a.m. to 10 p.m. (Sat. & Sun. 8 a.m. - 10 p.m.). **Woodlands Natural Gourmet Restaurant**, 2582 West Broadway (upstairs) at Trafalgar in **KITSLANO**. 733-5411.

S PIRITUAL PRACTICES



ATTUNEMENT

More light, more life.

For those who have already turned to see a new life of possibility, the attunement experience introduces "home", an internal place beyond seeking.

The attunement technique ignites and releases the life force within and teaches lasting re-alignment

As wellbeing increases in body, mind, and emotions, a transcendent spiritual perspective and identity are known.

Attunement is practical spirituality.

Jonathan Beals
Bill Wilkinson
263-3507/266-0513 in Vancouver
856-3388 in the Fraser Valley

an international service
of
The Emissaries



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RAJA YOGA
MEDITATION
CENTRE

Raja Yoga is the now-revealed most ancient knowledge which develops the most powerful and inner eye—the Eye of Wisdom—the Art of Living. It shows you how to play your role in this world drama.

Raja Yoga Meditation waters the inner seed of beauty which blossoms into a

beautiful flower, breaking the barriers of negative peacefulness and sorrows, etc., bringing about peace, understanding, wealth, health, happiness, a strong consciousness, spreading of elevated vibration and economy in thoughts. In short, yoga brings about fulfilment in your life.

Make your mind your friend and experience the wonders of being the master.

Meditation Sessions: Thursdays (see calendar); Sundays 7 p.m. - 8 p.m. Individual and advanced classes, all free of charge. Tel: 435-7002.



Lions Gate Buddhist Priory
(Shasta Abbey affiliated). Serene Reflection Tradition (Soto Zen). Resident Teacher, daily meditation schedule, classes, ceremonies, spiritual counselling. Meditation instruction Thursdays 7:30 p.m. or by appointment. Write c/o 1745 West 16th Ave., Vancouver, B.C. V6J 2L9. Phone 738-4453.

Zen Centre of Vancouver
Zazen (meditation) and instruction, Tuesdays/Thursdays 7:30 p.m., Saturday/Sunday 9:00 a.m.
Resident Priest. Ceremonies. 899 East Pender, Vancouver V6A 1V9. 253-2572.
Victoria Zen Society—Mondays 7:00 p.m., 1149 Leonard St., 382-9190.

Kagyu Kunkhyab Chuling
Vajrayana Buddhist Centre, Kalu Rinpoche, Founder. Meditation and teaching program with three resident Lamas. Mountain facilities for individual/group retreats and spring/summer programs. Daily practices in Burnaby with Lama Tsenjur Rinpoche 434-4920; Ganges 537-2378; Victoria 384-7497.
May All Beings Be Happy!



Channelled Consultations by Mail From PETER MORRIS AND HIS GUIDES

Peter offers his 40 years' metaphysical experience in this proven, accurate method of obtaining channelled information on spiritual development, healing, stress, meditation, etc. etc.

PAST-PRESENT-FUTURE
Simply send your request in hand-writing. My guides will "tune in" to your vibrations and pass the information recorded on cassette tape to you, as accurately as if you were present.

Tapes are \$45 including parcel post.

Peter Morris, 4507 Raymer Road, KELOWNA, V1W 2L2, (604) 764-1048.



Crystal Mountain Society

Crystal Mountain is a non-denominational society founded by students of Venerable Namgyal Rinpoche (George Dawson), a westerner trained in both Theravada and Vajrayana Buddhist traditions.

While recognizing the value and necessity of preserving and supporting

traditional forms, Crystal Mountain is primarily concerned with furthering the development of a western expression of the Teaching.

Our program includes periodic group retreats with visiting meditation teachers at our Galiano Island Retreat Centre, as well as ongoing in-town classes and a

weekly meditation on Peace, open to all, on Thursdays at 7:30 p.m. in the "Meditation Room" at 949 W. 49th Ave. (N.E. corner of 49th & Oak). Come at 7:00 p.m. for meditation instruction.

For more information call 731-0266 or 872-4087 in Vancouver. In Victoria call 361-1360.



DHARMADHATU

Dharmadhatu is a Tibetan Buddhist study and meditation center founded by Vidyadhara the Venerable Chogyam Trungpa, Rinpoche. Meditation periods, open to all, are available each week at the following times:

Monday: 7-8 p.m., 7:30 p.m. — Open

House.

Wednesday: 7-8 p.m.; 7:30 p.m. —

Shambhala Open House

Thursday: 7-10 p.m.

Meditation instruction is available each Monday evening at 7:30 p.m. at our Open House. In addition to instruction the Open House provides an opportunity

to hear a talk on the basic approach of the meditative tradition.

If you would like to receive instruction at another time or would like further information please call 874-8420. Dharmadhatu is located at 3275 Heather Street, VANCOUVER.



ECKANKAR
Religion of the Light and Sound of God

Although many Eastern and Western religions acknowledge some aspect of the Light and Sound of God, it still remains a mystery for most people how to have a conscious experience with It. Regular contact with the Light and Sound is essential to gaining spiritual freedom. Each time you touch this current, it brings forth the deeper spiritual potential that lies dormant within you.

A simple spiritual exercise can awaken this potential. The HU (pronounced Hue), an ancient name for God, can be chanted or sung to expand your awareness and understanding of life. Eckankar presents a weekly one-hour workshop service comprised of a short uplifting reading, the HU, and contemplation

followed by open discussion on such topics as dreams, love, karma, relationships; past lives, inner peace, spiritual goals and many others. Everyone welcome. Free.

Public Eck Worship Service
Sundays 10:30 a.m. Arts Room
Bonsor Recreation Centre
6550 Bonsor Ave. (Metrotown) Burnaby
Information: 876-0202



JOHREI

Experience Johrei Healing

Johrei is a holistic means of attaining true health and spiritual growth. It is a powerful, yet gentle method of transmitting healing energy through the upraised hand of the Johrei channel to a recipient. A Johrei session takes about 20 minutes and does not require physical contact.

Johrei promotes a natural healing

process which restores inner spiritual balance, easing physical, mental and emotional distress. Received repeatedly, Johrei purifies the spiritual body, allowing your Divine Nature to unfold.

Free-will donations are appreciated, however, there is no set fee for receiving Johrei.

In our acknowledgement of spirit and

the oneness of all life, we welcome your participation in our efforts to increase Divine Light.

Monthly service and Johrei first Sunday of each month. Centre hours Monday-Friday 10 a.m. - 2 p.m., Tuesdays 7:30-9 p.m.

JOHREI CENTRE, 10380 Odlin Road, RICHMOND, B.C. V6X 1E2. 273-0212.



ANN-LOUISE McNEIL
Spiritual Development



Meet Your Own Guides

Be introduced to your very own High Guide. In one session I can help you discover and experience the great love and compassion your Guide has for you.

Spiritual Development Technique

I use a meditative technique especially

designed to give you the opportunity now to connect and work with your Spiritual Guide.

Evening Healing Meditations

I have been conducting healing meditations internationally for over 15 years during my travels as a ski instructor and

a Buddhist nun. At present I lead evening meditations for healing and channelling your High Guide.

For a private session by appointment (cost \$40 for 1-1/4 hours) call Ann McNeil, 526-1847. The evening meditation is free.



PAST LIFE HEALING

Which past life is haunting you?

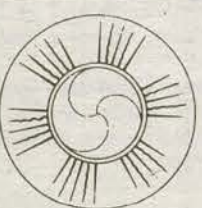
Memories of important pastlife people and events are self-imprinted into every cell of our physical, emotional and spiritual bodies. Our 'cellular memories', although buried and unconscious, cannot be forgotten. Vivid memories persistently insinuate themselves into each new life-

time, demanding follow-up, resolution or healing from more enlightened cultures and perspectives.

These haunting memories can be recalled onto the screen of the mind, like from a computer bank. Using the combined forces of mind, body and Soul-Light to consult memories of the past,

we can update our patterns, move forward.

Anna Jantzi, 733-4264, has been working with higher consciousness (Soul-Linkage) since her near-death experience 15 years ago. Regression, tarot readings, meditation classes and workshops offered.



SHAMBHALA TRAINING

According to the tradition of Shambhala, the warrior is someone who is both brave and gentle and who can meet the continuing challenge of life without aggression or fear. By facing ourselves directly through meditation practice we awaken our natural intel-

ligence, gentle heart and sense of humor.

The basic Shambhala principles are presented in the book **Shambhala: The Sacred Path of the Warrior** by Chogyam Trungpa.

You are cordially invited to attend our open house program every **Wednesday**

at 7:30 for meditation (instruction available), talks by senior students, discussion and tea; free of charge.

All events are held at 3275 Heather St., Van. For further information please call 733-3948

Next Level I — July 5, 6, 7. Friday evening 8 p.m.

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- Topics of weekly conferences:
- Astral Travel, Past Lives, U.F.O.'s
 - The great catastrophe of this planet
 - The end of present humanity
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 - Proving heaven and hell
 - Golden age of humanity, experiences during the Polarian, Hyperborean, Lemurian and Atlantean ages
 - Activation of sexual power and chakras, sacred positions, asana, pranayama, relaxation classes, yoga meditation
 - Improving your powers within, wisdom and love.

Free admission. Wednesday 7:30-8:30 p.m. (English), Saturday 7:00 p.m. (Spanish), and Sunday 4:00 p.m. (Spanish) Love toward all beings, so that all Gnostic Centre, 1777 Venables Street (near Commercial), VANCOUVER, 255-0321.

KARUNA MEDITATION SOCIETY

- Vipassana (Insight Meditation) retreat

with James Baraz, August 16-18, 222-4941

- Introductory Insight Meditation class will begin in October
- Zen non-residential weekend with Zoketsu Norman Fischer. Fall date TBA
- Meditation class for people with HIV infection. 872-0431.
- *Karuna: A Journal of Buddhist Meditation*, available at Banyen Books

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and your role in it. Together we are greater than the sum of our parts.

Rob Bishop 731-8551.

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For more information call 929-0335 or 537-2326.

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breakfast being prepared. Upstairs, Emma's (double) and Dorrie's (twin) Rooms share a bath and sitting area. Available separately, these two rooms can also be rented together as a suite. A Recreation Centre is just a block away, the ocean is within easy walking distance

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Playa caters to economy-minded travellers. One reasonably-priced hotel highly recommended by Vancouverites is Mom's. This all-new ground level hacienda-style building is small and cosy. Luxurious rooms are \$25 U.S. per night for two including breakfast (with this ad).

For reservations, tour or diving trip information, write Ricco Merkle at Mom's Hotel, P.O. Box 107, Playa del Carmen, Quintana Roo, MEXICO.

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SOFTWARE cont. from page 62
colour only. When confronted with this, Aldus representatives try to slough the responsibility off onto the Windows drivers. That too is patently false, since plenty of

colour applications are capable of separating colour using those same drivers. They've got an excellent product with one flaw - they should be more forthcoming about that.

PageMaker goes to the head of the class

on the PC. We hope that Microsoft corrects the font problems. I have been told that later versions will include the ability to output colour graphics. My check has already been sent for my update to version 4.0

LISTENING cont. from page 21

what the real question or problem was. So we were unaware of the answer. The real answer is, "there is no problem." We need to be gentle with ourselves and others. We're just fine, and so are they. Therefore, we can easily be patient, knowing who is in control.

9. The Answer Is for Us - Not Others

The true answer is not of us, but it does come through us. And the answer is for us only. Again, we must not get into the habit of asking on behalf of others. Ours is the mind that needs clarification, and it is in our own mind that the work must be done. Once we know this, knowledge may be shared as to how we have learned to see differently, but not for the purpose of changing or affecting others. When we fall into the trap of seeing that others need to work on certain problems, we may be sure that we need to work on them too! Seeking to project our problem onto the actions of others is a very old trick of our "split" minds. "the problem is not in our stars, but in ourselves." No one can really hurt us unless we allow our minds to accept attack. No one affects us unless we allow his actions or beliefs to do so.

Any perceived problem is always on our minds, no matter how much it seems to reside elsewhere, with another's actions. When we are open to having our minds changed, we will be given the answer.

10. The Answer Will Come — Be Sure

We can be confident that the answer will come. It will come. We will find it. It is impossible to truly seek for Universal help, and not find it. Again, the truth cannot be denied except by that illusory part of our mind which does not want to accept it, and which seeks another solution more to its liking. Our inner guide always knows what needs correcting, and waits with his guidance twenty-four hours a day. He never closes.

11. Real Goal Is Truth — Have No Other Goal

We must be clear about our goal and constantly ask our minds what our real goal is. What do we want out of this situation, in our heart? Why do we seek this result? Does it have a basis in fear, or in love? Can we accept what is happening as a blessing, or do we see it as a curse? The only worthwhile goal, no matter how stated, is truth. We do want the truth revealed, for only the truth will free us, and give us real peace. Willing-

see LISTENING page 61

"In The Eye of God" April '91



Collage by Hope Clearlight

Victoria & the island(s)

eVENTS



WORKSHOP

Core Belief Systems™ (CBS) is based on the theory that we create our experiences according to conscious and unconscious beliefs.

Dr. Patricia Manning leads workshop participants through a powerful process to replace beliefs that block creativity and accomplishment of goals. Participants

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Patricia Manning, Ph.D., is a Victoria therapist—certification in CBS by Carol Rogers, Ph.D.

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Professional psychics gather from all over Canada and the U.S. for this big and exciting event. Tarot Card Readers,

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The **Psychic ESP Fair** is filled with Crystals, Bookstores, Pyramids, Healers and much more. It's always more than you expect; so come enjoy the continuous free lectures and fun. Admission \$7

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Acting Out/Discover the Player Within
See Mainland Events section.

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For your country decor, **The Country Goose** is where to shop and where it's

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CAMELLIA HOUSE B & B

See

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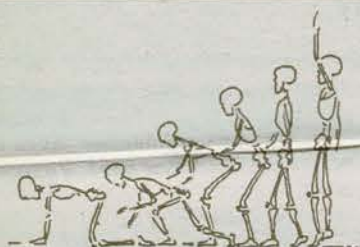
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IMAGE WEST

Holistic Hair Services

See Victoria & the Island(s) Looking Good section.

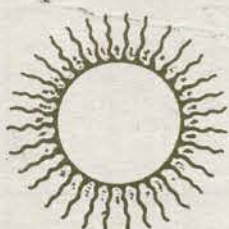


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See the Island(s) Card File.

THE ISLAND(S) CARD FILE

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LISTENING cont. from page 56

ness for the truth is, as we have said, the only requirement for hearing.

12. Open-Mindedness Is the Key — Willingness Turns it On

We will be open. Open-mindedness is the key. We open all channels on our "receivers", even to the thoughts we think are foolish or useless. The answer is always coming to us in countless forms. We need not worry that we will not find it. It is here now, but we may not be ready to see it and to accept it. We also discover after a while that we have been given the answer in many forms. It will be repeated and repeated, until it is clear, recognizable, and made our own.

13. Record Thoughts for Study

We take time to write down the guidance we get, even if we think it is our own thoughts. When we read the material later, we will be surprised at the meaningful insights and content. It is helpful to set up a special time each day which is devoted just to listening. This is not to be the only time we listen, but our daily devotion will be rewarded. We find the truth only if we really desire it. When we are comfortable with a special time, it may be helpful to lengthen it or extend it. Eventually, it will be possible to listen in every situation all day long. In fact, this is natural, and we can become used to following this inner guidance at all times and in all things.

14. Rely On The Gift — It Belongs To Us

We can rely on this gift of guidance. The more we rely on it, the more it will be evident. Releases of our desires, beliefs, and plans requires action. Be still, then listen, and then act. Without action, listening becomes a game. Treated like a game, it becomes unreliable because we can only experience what we truly believe. Our "fruits" demonstrate our beliefs.

15. Guidance Is Dependable — We Have More Than We Use

The more we rely on this guidance, the easier it will come to us. I like to use "radical reliance" — to totally depend on my guide for all things. But guidance should

not be experienced as fearful or dangerous. Since what we are hearing does not always agree with the "world's" thinking, proceed without "worldly" support.

Thus many have been dispensed with the need to wear a watch, to plan a day to any great extent, or to make preparations of any kind. We may have appointments, but we are not tied to them; we set them to accommodate others. These people we are to meet, we will meet. Where we are to be, we will be. We cannot sit at home and test this theory, we proceed through the day as if it feels comfortable and right, all is provided.

After all, we are tapping into the main channel of wisdom and knowledge for the whole of creation. This real, creative power of love and truth has no resistance and no competition. How could we not rely on it totally?

This work by Lee Coit (P.O. Box 500, Wild Omar, California, USA 92395 was presented in Food for Thought #7 a Powerhouse Publication produced by Rob Bishop of 4112 Puget Drive, Vancouver, British Columbia, V6L 2V6.



Ban-yü Ai-go



Love and protect all creation. All things are born of a common source, and exist in a common Universe. Therefore we should show them the respect and gratitude that is due.

VICTORIA NOTES

By Julian Wake

At a celebrated conference on the Sasquatch hosted by UBC's Museum of Anthropology, keynote speaker Carleton Coon pointed out that our word *belief* is derived from a Hebrew word meaning love. So beliefs have to do with what is true to the heart.

Five professional healers and counsellors from the Victoria area are interviewed on this issue's theme, Belief and Denial. They talk of truth, beauty, darkness and light and of ways to experience life more fully.

There are always going to be people we "miss" when we interview for issue topics. For instance, on Work and Purpose we might have talked to Interscript about how handwriting analysis can be a powerful tool for guiding career decisions and to assess team compatibility and management. But, trust the process: there are infinite opportunities.

John Burchell makes his own opportunities. He believes in "putting it out there" and has done so by desk-top publishing some of his own story under the metaphor Lester P. Loon. (See the Ad in the book review section.)

This summer, Sooke holds its Festival of History Week from July 20-28. There will be a parade and native canoe races on the 27th. The Music Festival is on Sooke flats on July 27th, logging sports on July 20th and the Fine Arts Show from August 2-11th.

The Gulf Islands Community Arts Council holds ARTCRAFT '91 every day from June 7 to September 2 in Mahon Hall, Ganges, on Salt Spring Island.

The Women's Services Association is expanding in Victoria. Part of their programmes include a seminar on "The Empowered Woman", June 8. For more information, call 658-4074.

The Island Men's Network is planning a solstice event and a drum-making workshop as well as their regular monthly meetings. For more information call 658-5643.

The Sierra Club is arranging weekend day trips to the Carmanah and Walbran valleys throughout the summer. For more information, please call 384-1654.

Please contact Julian Wake with information about events or ideas that you think should be listed in future issues of Victoria Notes.

Our circulation has increased substantially in Victoria and the Islands. Please alert us to new locations where Common Ground should be distributed.

Let Common Ground magazine know what your interests are and how we can serve you better by filling in the questionnaire and mailing it to us.

Common Ground

Questionnaire

Help us create a better *Common Ground*. We need to know more about you, our readers, who are you, what you are interested in, what you need and how do you find *Common Ground*.

Please fill out the questionnaire and mail it to: **Common Ground, Box 34090, Station D, Vancouver, BC, V6J 4M1.** Or you may drop it in the box at the entry to our office, **Suite 201 - 3091 West Broadway in Vancouver.**

1. I live in _____ (city). *Common Ground* in the past year _____
My postal code is _____
2. I am _____ years of age.
3. I am ☐ male ☐ female.
4. I am ☐ married ☐ in relationship
☐ single.
5. I have _____ children.
6. The number of people in my household is _____
7. I ☐ own ☐ rent a ☐ house
☐ apartment ☐ condo ☐ co-op
☐ other _____
8. I have completed _____ years of school.
9. I have completed ☐ high school
☐ college or university ☐ graduate school
☐ professional school ☐ special degrees or certification _____
10. My occupation is _____
11. My combined family income is
☐ under \$15,000 ☐ \$15,000 to \$24,999
☐ \$25,000 to \$39,999 ☐ \$40,000 to \$59,999
☐ \$60,000 to \$79,999 ☐ \$80,000 to \$99,999
☐ over \$100,000.
12. I have been a *Common Ground* reader for the past _____ (#) issues.
13. I usually pick up *Common Ground* at _____
in _____
(Please give location, city or locality).
14. I suggest the following specific new locations: _____
15. I save *Common Ground* for future reference ☐ yes ☐ no.
16. On average _____ (#) people read my copy of *Common Ground*.
17. I read ☐ the articles from cover to cover
☐ most of the articles ☐ some of the articles
☐ rarely read the articles
Comments: _____
18. I would like to see *Common Ground* do more articles on _____
19. I use the Resource Directory section ☐ often ☐ occasionally ☐ seldom.
20. Events, services, and goods I have attended, consulted, or purchased that I found in _____
21. In the past 3 years I have used the services of a ☐ chiropractor ☐ naturopath
☐ holistic M.D. ☐ registered massage therapist
☐ body worker ☐ reflexologist
☐ midwife ☐ acupuncturist ☐ Reiki therapist
☐ rolfar ☐ psychologist
☐ counselling therapist ☐ hypnotherapist
☐ nutritionist ☐ astrologer ☐ psychic
☐ other _____
22. My interests/hobbies include:
☐ gardening ☐ photography ☐ cooking
☐ pop music ☐ collectibles ☐ reading
☐ movie going ☐ home video
☐ concerts ☐ live theatre
☐ opera ☐ dining out ☐ sports events
☐ workshops ☐ night clubs ☐ acting
☐ sunbathing ☐ computing
☐ camping ☐ sailing ☐ other _____
23. My favorite reading subjects are _____
24. My favorite ways to exercise include:
☐ aerobics ☐ canoeing ☐ dancing
☐ golf ☐ gym workouts ☐ hiking
☐ jogging ☐ mountaineering ☐ skiing
☐ racquetball ☐ swimming ☐ team sports
☐ wind surfing ☐ yoga
☐ other _____
25. My favorite radio and TV stations are: _____
26. My taste in food could best be described as ☐ gourmet ☐ international
☐ vegetarian ☐ canadian traditional
☐ fast food ☐ eclectic ☐ other _____
27. I eat out _____ (#) times per week:
_____ (#) breakfasts _____ (#) lunch
_____ (#) dinners
28. I drink: ☐ natural juices ☐ soft drinks
☐ beer ☐ wine ☐ herbal tea ☐ black tea
☐ liquor ☐ coffee ☐ cocktails
☐ mineral water ☐ milk ☐ purified water
☐ other _____
29. I smoke ☐ yes ☐ no
30. I next plan to travel to _____
for the purpose of _____
32. The next professional development training I intend to take is _____
33. The next personal growth workshop I intend to take is _____

SOFTWARE cont. from page 65

The reason that it outstrips its environment is due to the dumber-than-DOS handling of fonts within Windows. Much has been written about the greater ease with which fonts are handled, but have you actually met anyone who's installed PostScript fonts on their system? A standard font installation kit should include a gymnast with a blowtorch, sledgehammer and hacksaw. The situation is so bad that most area service bureaus flatly refuse to sell PostScript fonts for the PC. I am told that it is not worth the aggravation it causes their valued clients.

If your font needs are limited, then the array of typographic controls at your fingertips is unequalled. The new text editor allows batch changes, spell checking, preset tracks, forced justification, text rotation in 90 degree increments, letter pair kerning in 1/100th 'm', anchored graphics/lines/boxes/circles, and the ability to set character width. Type can now be specified to 650 points in 1/10 point increments.

And it's fast - with 4 mb of ram, the screen keeps up with the fastest typist even in normal viewing mode. Users of earlier versions will recall the long periods of repose as the screen reconfigured itself from the half dozen letters just typed. By triple clicking on any body of text, the text editor is activated and with it, all the accompanying bells and whistles mentioned previously. There are more options than can be listed within this short space. The highlights

include auto indexing, table of contents and the new Dynamic Data Exchange with original files and their associated programs. Presently Lotus 1-2-3 and Excel are included with others expected to follow as they upgrade themselves to Windows true potential.

The manual is a dream to read or look up information. Aldus obviously understands the importance of a well thought out manual. Everything is clearly referenced and put into the plainest English possible. Which reminds me - Aldus provides a comprehensive dictionary with its spell checker - this dictionary will be available to other Aldus programs as they appear on the Windows horizon, and the shared dictionaries are available in a variety of foreign languages. Aldus also takes the time to recruit and properly train its service line staff who are well informed and courteous. If the answer is not immediately available to them you can be sure that it will be soon.

I have but one bone to pick with Aldus on its latest product. It cannot do colour separations and they cannot seem to admit honestly. They brag about PageMaker's ability to handle colour in their advertising in their Aldus Magazine and in their manual. Yes, you can see glorious colour on your monitor and you can output spot colour, but the beautiful colour photo you're looking at on your monitor, or the Corel Draw EPS file that you imported will come out in one

See SOFTWARE Cont. page 5

CALENDAR

JUNE

WEDNESDAY 12

CHANGING THE CHALLENGE

A Woman's Perspective- Brahma Kumari Jayanti Van. Planetarium 1100 Chesnut 7pm FREE 435-7002

JULY

SUNDAY 21-28

20th ANNUAL HERBAL SEMINAR

Dominion Herbal College presents A Happy Herbal Learning Experience. Open to all. Info. 521-5822

FRIDAY 12

A JOURNEY TO THE EAST

Slides of China, India & Tibet by photographer Brian Harris 8pm, 611 Main Street 3rd Floor \$5 731-0266

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JULY 19, 20 & 21

THE 14th ANNUAL FOLK MUSIC FESTIVAL

An eclectic mix of music from around the world at Jericho Beach Park. Contact 879-2931 for information.

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Local Organic Farmers Mkt, Crafts, Food, Music, Booths, Stuff!, 10-2pm, Fernwood, Square Gladstone 381-1552

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For Information Please Call Leah at 879-8597.

To list YOUR event in the next issue of COMMON GROUND call 733-2215 \$24 per listing

Deadline July 26 for Fall Issue

SOFTWARE

PUBTECH

File Organizer

**PUBTECH FILE ORGANIZER:
A PC SOLUTION TO A MAC
ENVIRONMENT**

By Publishing Technologies Inc.
(IBM Compatible)

Reviewed by Andrew Kajda

PubTech File Organizer dazzles the eye with a wide variety of colourful icons, not only for the *Windows* based applications, but for all your various files-- graphics, spreadsheets, text files, databases, executables, etc. It provides distinctive symbols for your hard disk, floppy drives, and printers.

PubTech File Organizer can be somewhat intimidating at first. You can easily end up with a multitude of icons on your screen and not know exactly how they got there, or how to remove them. But the software is easy to learn, and you will soon be comfortable with it, especially when you realize how it makes performing file operations a breeze. You can move a file to an icon simply by dragging it to its new location, and print a text file by dragging its icon on top of the printer icon.

If the target location for your operation is not available, you can use the *Windows* desktop as a temporary hold location until you ready the appropriate destination volume or device.

You will see a single menu bar at the top of the screen (that can be hidden), regardless of the current window. Each window represents a single disk drive or a folder and is filled with folders (representing directories) or files.

Windows can be opened concurrently, cascaded, or tiled on-screen. You can also display the overall tree structure of your hard disk, as the screen (that can be hidden), regardless of the current window. Each window represents a single disk drive or a folder and is filled with folders (representing directories) or files.

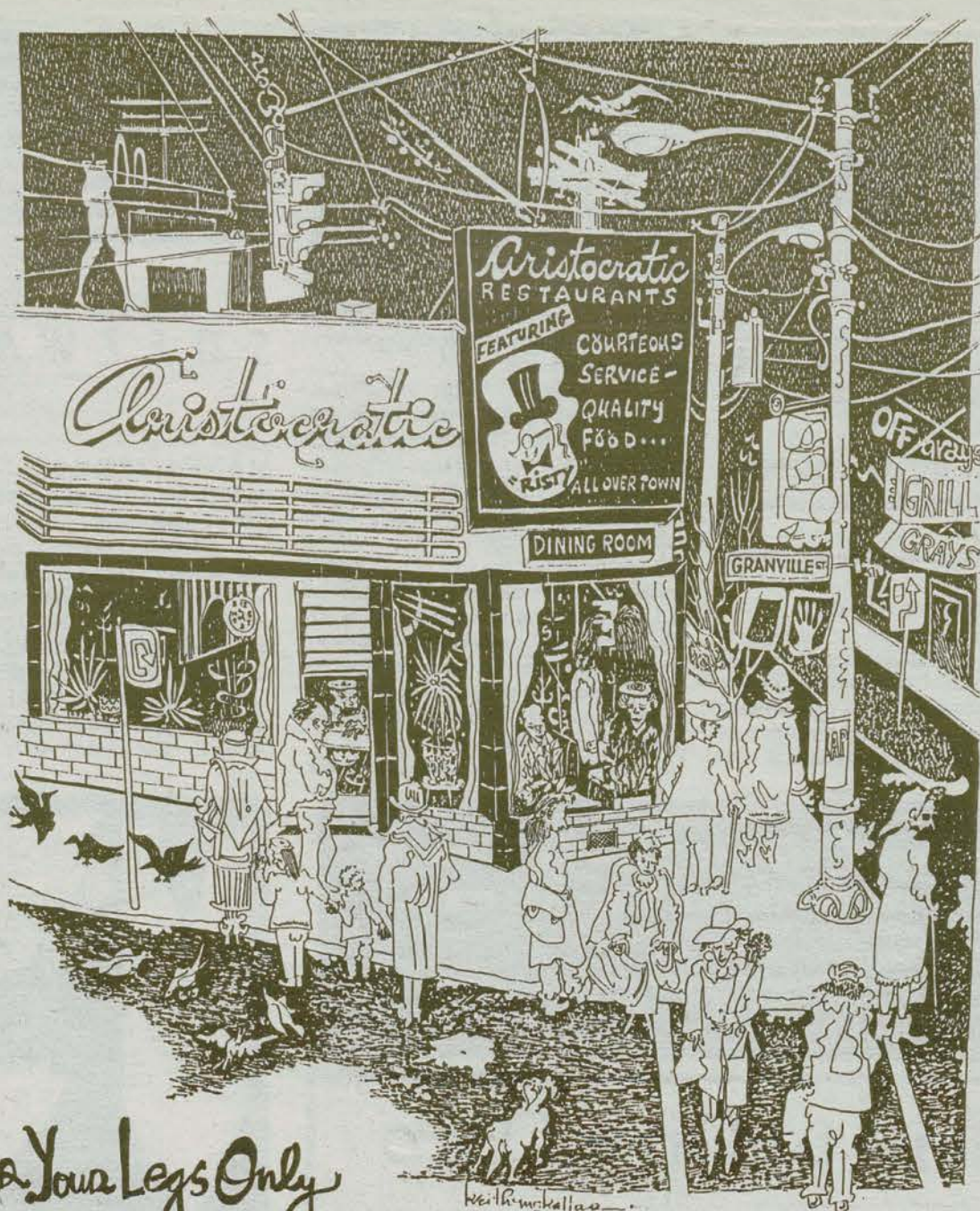
Windows can be opened concurrently, cascaded, or tiled on-screen. You can also display the overall tree structure of your hard disk, as well as collapse and expand the branches. You can prune and graft directories from this point or drag the folder icons with the mouse.

There is a very good feature that *Windows Program Manager* doesn't have, you can run multiple copies of the same program (i.e. two copies of *Windows Write* or two copies of *Windows Paintbrush*). Also you can easily open documents by dragging the document icon onto an opened application window or its icon.

For deleting files, *PubTech File Organizer* has a garbage can that bulges when filled with files (just like with a *MAC*). It is easy to recover files from the can if you need to, but there is no true undelete function. You can search for text in files but only a single disk at a time. Unfortunately it lacks file viewers.

Although it looks somewhat complex at first *PubTech File Organizer's* rich set of features and attractive design make it my favourite in the file management department.

So if you are in the market for a *Windows* file management utility program *PubTech* is my recommendation. For more information call 1-800-PUBTECH or 1-512-346-2835.



For Your Legs Only Vancouver

You may still see the time signature charade of "Risty." The royal blue top-hat cat. Bow-tie and glass monocle eye. Black cane. He has been the main actor of song and dance at this cross-road since the B.C. Electric street-car Belt-Line used to loop-turn for the run to Marpole and return. 1938. Ropedancer, wit and aerobat from the days of two-tone spats and duck-tailed Buicks in a glance. He has an impish grin and still conducts the Broadway and Granville intersection exchange. Old wave rock and roll. "Happy days are here again." ...sings the wavy pink neon bands. Black bouncing musical notes tumble by. "Come on in..." courteously. It's a ticklish wonder like a bubble from a 1950's soap-pipe. Risty... a citizen of the world is He.

A survivor. Aristocratic: once the largest restaurant chain in Canada. Numbered thirteen. Vancouver... "All Over Town." Now traffic strums the pavement. Zinging electric-wires truncate the sky of geometric gaeys of give-up day. Chalktalk tells. The horizon spills... near social epilepsy. Cross-roads... the tune-folk of flats and sharps. I am passing paper pantomime; pencil-line man and untravel with it's rhythms. Thru the mist and inner city drum, I see decades tumble forward to me. Harbour Centre Observatory deck is a spaceship awaiting take-off mission too. Into this crash civilization. As I wave... adios amigo to "Risty" I notice... his impish grin is still there... but his debonair gaiety is fading now and shall vanish into the past.

Laughing Hand..

FOR YOUR LEGS ONLY: Last earthbound survivor of the "Aristocratic Restaurant" chain, featuring the once "All Over Town" Risty with top hat and monocle eye, still stands kiddy-corner and witness to the infamous Broadway and Granville.... Everybody's crossroads and rendezvous. Vancouver vintage 1938. Line-Poem Drawing by Keith McKellar. A Laughing Hand production.

Reviews

BOOKS

THE NATURE OF LOVING: Patterns of Human Relationship

by Verena Kast

(Chiron Publications, Wilmette, Illinois, 1986)

Reviewed by Allan A. Cohen

Verena Kast (a training analyst and teacher in the C.G. Jung Institute of Zurich, Switzerland) provides a new and different framework for understanding patterns of intimacy. Six different mythological rela-

tionships are described. She says, "The myths of divine couples are interpretations of the behavior of men and women. Since there are various divine couples, there are also various models with which we must come to terms."

She describes each myth, gives examples from her practice and discusses the transformational possibilities of each relationship. I felt excited as I read, having these mythological figures awakening in me and knowing the power, passion and all too human vulnerability of their relationships in my own experience.

For example, in the Shiva/Shakti myth, the longing for perfect union with another is outlined. The relationship here is one which is based on total knowledge of the other beyond words - a relationship in which all needs are known without being voiced and are met by the other. The dark side of this relationship is the lack of attention to practical realities and the fear of separation and loss that is an intrinsic aspect of any relationship which is totally absorbing. Reading this touched the part of me that longs for perfect union and the primal fears of loss and abandonment that lurks in the darkest recesses of my being.

This book's theme is that these myths,

which are reflected in relationships in the world, are also alive within each of us. My awareness of these shadowy mythological beings and their existence in the darkness of my psyche was enlivened by reading this work.

Allan A. Cohen, B.A., R.C.C., is a Psychotherapist and co-founder of The Spirit in Relationship Centre.

SOFTWARE

MAXIMIZER 2.0

By Richmond Technologies & Software (IBM Compatible)

Richmond Software and Technologies Inc., announced today that work has been completed that allows MAXIMIZER 2.0 and 2.1 users to take advantage of the unique capabilities of BOOKS, CARDS, & LABELS published by California based Useful Software, Inc. BC&L is a widely sold utility product that gives amazing print flexibility. The product easily prints from

Maximizer

Contact Management Software

V E R S I O N

T W O

O N E

2.1

any file, in any format on any printer. It is especially suitable for multi-column label formats, telephone directories, index cards and many other common and unusual formats. MAXIMIZER is a contact manager. Unlike personal information managers, which are very general, MAXIMIZER focuses on keeping track of a client base. It provides a simple method to store names and addresses, track history, search and target a client base, write letters, telemarket, and guarantee follow-ups.

The software also includes a full featured business calculator, diary, personal accounting section and a calendar, and a utility that combines MAXIMIZER databases. The software makes an excellent

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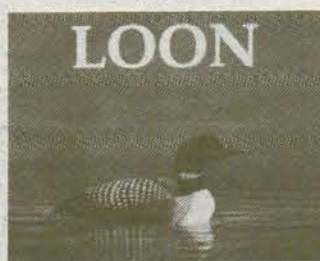
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with

LESTER P. LOON

LESTER P. LOON



Dare to Dive Deep

John Burchell

Art by Jerry Martin

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"VERY UPLIFTING....."

"WORTH A SECOND READ...."

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This "purple plate" comes with complimentary brochure describing the many uses for the energy it creates, discovered over the past 15 years.

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VANCOUVER, B.C. V6G 2M9
Please allow 2 weeks for delivery

laptop application. Anyone in sales is an obvious potential user of MAXIMIZER.

To date, MAXIMIZER version 1.6 has won InfoWorld's "Best in Class" and "Excellent Value" awards, and Version 2.0 INBOUND/OUTBOUND'S "Editor's Choice," and an honourable mention from PC Magazine. Version 2.1 was released in December and the first reviews are about to be released.

For further information on MAXIMIZER contact Cathy Jones, Richmond Software and Technologies, Inc., Suite 420, 6400 Roberts Street, Burnaby, BC V5G 4C9, phone (604) 299-2121, fax (604) 299-6743.



PageMaker 4.0

By Aldus Corporation
(IBM Compatible)

Porsche on a go-cart track.

PageMaker 4.0 for the PC utilizes the Microsoft Windows 3.0 environment so well that it actually, with one exception, is in a category all of its own. All the typographic controls that typesetters claimed could never be included on a mere desktop publishing system and then some are included.

See SOFTWARE Cont. page 63

SIX PILLARS cont. from page 9

CG: How can one keep a healthy relationship with one's mate or spouse?

NB: By never taking it for granted. By every few weeks telling your partner what you appreciate about her or him. By being open when things are bothering you and talking about them without letting them build up. By allocating quality time to be alone together and not getting so caught up in work, friendships, relatives and family that you end up with your most important relationship getting the least attention.

The best relationship in the world and the most passionate love affair can die through neglect. Just because you love your partner isn't enough. The question is how much time do I spend with my partner; how much genuine interaction is there; how many communications of appreciation are there; how much sex is there? All of these factors are important.

Born in Toronto, Nathaniel Branden pioneered the psychology of self-esteem thirty years ago. In 1968 he opened The Brandon Institute for Self-Esteem in Los Angeles and has written numerous books including *Honoring the Self*, *To See What I See and Know What I Know*, *How To Raise Your Self-Esteem* and is presently working on *The 6 Pillars of Self-Esteem*.

He conducts workshops, with his wife and colleague Devers Branden, that deal with self-esteem, man/woman relationships and personal transformation. For more information call 589-6848. 

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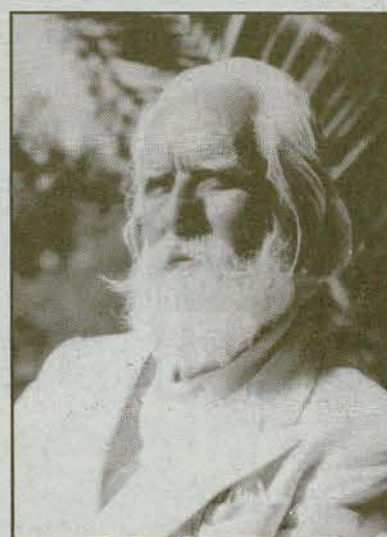
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More recently, however, industrial and technological development has contaminated the natural environment and

devasted indigenous peoples the world over. Our air and water is polluted. We are rapidly destroying our oxygen-producing,

medicine rich rain-forests and in the name of progress we are bringing about the extinction of countless wildlife species which have been part of the intricate web of our eco-system for millions of years. The planet is sick. Scientists and environmentalists are warning us that we have less than 10 years to turn it around.

There is a need for more than the

**Indigenous Elders
must be seen
and heard —
they hold valuable
secrets for humanity**

recycling of materials and the reduction of pollution. There is a need for the re-awakening of respect for all living things. We have come to our logical end, which takes us to the beginning of our circle of life, or in the words of Chief Seattle: "What we do to the Earth, we do to ourselves, because we are the Earth."

Perhaps there is no new solution to our environmental mess. Perhaps the solution is very old, yet alive and thriving in the hearts of our First People. Indigenous Elders must be seen and heard — they hold valuable secrets for humanity.



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By **Karie Garnier**

All photographs in this article are from
Karie Garnier's book *The Elders Speak*.



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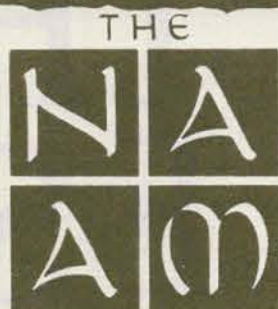
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MYSTIC cont. from page 8

cal entities. They put aside so much of their being. What we will have, when men are healed, is simply the fullness of ourselves.

CG: Could you talk a bit about men's changing roles as parents?

SK: One of the things that's gotten us in to trouble is the abstraction of men from the home which left the bulk of child-rearing to women. This includes the early training of boys, too. Most primary and first grade teachers have been women.

To have a more secure sense of identity as men we need to come in contact with men who are teaching us, holding us, caring for us - both our fathers and others - so that we grow up with a more realistic view of the power of men and women.

CG: Have you noticed a shift in men's lives and their ability to care for people?

SK: Our societies are increasingly ab-

stract, not just for men but for women as well. We go away from home to our jobs. We are cared for in hospitals and institutions where we are strangers. Fewer of us live locally in any real sense. Our places of dwelling are almost warehouses. I think of a city like Vancouver with beautiful apartment dwellings but nobody knows their neighbours.

People like Wendell Berry, Gary Snyder and Wes Jackson are fighting the much larger trend towards the metropolitanization of human life world-wide that breaks up village structures. This fracturing causes the problems of the Mexico Cities, the San Paulos and the Delhis.

CG: How do belief and denial interact?

SK: Every belief system is also a denial system. What we choose to pay attention to is the flip side of what we choose to ignore; whether you're a peace activist or a stormin' Norman Schwartzkopf.

Human beings are creatures who necessarily ignore and have a shadow. We can only pay attention to one thing at a time. Those things that we pay attention to, we tend to make the centre of our value and belief systems. Those things that we ignore are part of our disbelief and denial systems.

People need to ask two interesting questions. First, what do I affirm? Second, what must I deny in order to affirm what I do? **CG**

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About the artist...

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sarily do what he says." "I see far more discernment among my Tibetan and Nepali friends," she concluded, "than among Westerners."

The Need for Discernment

In this confusing cross-cultural context, the teacher-student bond can be easily misunderstood. In the early days of my Zen training, I would make a formal prostration before my teacher when visiting him for practice instruction. I tried to see him as "enlightened," and I hoped that over time I would internalize the qualities of awareness, self-containment and energy that I admired in him.

Idealizing one's teacher is part of a long and healthy tradition in Tibet, Japan and India, according to Alan Roland, a psychoanalyst and author of *In Search of Self in India and Japan*. "The need to have a figure to respect, idealize and imitate is a crucial part of every person's self-development," he said. But "Eastern cultures are far more articulate about that need and culturally support it."

Roland believes that Asian students approach the teacher-student relationships more subtly than Americans — who often commit rapidly and completely, or not at all. Asian students may display deference, but withhold veneration, until they have studied with a teacher for years. They seem to have a "private self" unknown to many Americans, which is capable of reserving judgement even while scrupulously following the forms. When a teacher fails, Asians may continue to defer to his superior rank but silently withdraw affection and respect.

In America, it's often the reverse. Some Vajradhatu students could forgive Osel Tendzin as a human being, but could not treat him as a leader. Few Americans can show deference to someone they don't venerate without feeling hypocritical. Faced with this cognitive dissonance, they either abandon deference and leave, or they deny inner feelings.

If they deny their perceptions, reality becomes distorted and a mutual dance of delusion begins. "Part of the blame lies with the student, because too much obedience, devotion and blind acceptance spoils a teacher," explained His Holiness the Dalai Lama last year at a conference in Newport Beach, California. "Part also lies with the spiritual master because he lacks the integrity to be immune to that kind of vulnerability ... I recommend never adopting the attitude toward one's spiritual teacher of seeing his or her every action as divine or noble. This may seem a little bit bold, but if one has a teacher who is not qualified, who is engaging in unsuitable or wrong behavior, then it is appropriate for the student to criticize that behavior."

Turning Point

In the autumn of 1989, it looked as though the Vajradhatu sangha would be torn in two. After the long retreat advised by Dilgo Khyentse, Rinpoche, Tendzin boldly re-asserted authority. Those who refused to accept his spiritual leadership were fired from key committees, denied permission to teach meditation and barred from taking part in advanced practices with the rest of their community. The conflict became so intense that the two opposing

Abuses of power and silent collusion in sexual exploitation occur not only in Buddhist communities, but in Western psychiatric settings and other religious communities as well. Here is a sampling:

The Zen Studies Society of New York: In 1975, 1979 and 1982, the married Japanese abbot, Eido Tai Shimano-roshi, was accused of seducing emotionally vulnerable women students — accusations he has repeatedly denied.

San Francisco Zen Center: In 1983 American abbot Richard Baker, successor to Shunryu Suzuki-roshi, resigned under pressure after affairs with women students, including his best friend's wife, were acknowledged. In 1987, Baker-roshi's successor Reb Anderson was arrested waving an unloaded pistol in a public housing project shortly after being robbed at knife-point. Investigators discovered that Anderson had taken the pistol four years earlier from the body of a suicide he discovered in a park. He had not informed the police. Anderson took a six-month leave of absence from administrative responsibilities and now shares the abbacy with another teacher.

Zen Center of Los Angeles: In 1983, Hakuyu Taizan Maezumi-roshi, a married Japanese abbot, entered an alcoholism treatment program and openly apologized to his students for affairs with several women students, including a teen-age girl.

Kwan Um Zen School (Rhode Island): In April 1987, it was revealed that the widely respected and supposedly celibate Korean Zen teacher, Soen Sa Nim, had secret, long-term sexual relationships with two women students.

Insight Meditation Society (Barre, Massachusetts): In the early 1980s, American meditation teacher Jack Kornfield flew

factions sent delegations to Nepal and India to implore senior lamas to support their positions.

In response, Khyentse Rinpoche advised Tendzin to enter into a "strict retreat" for a year. Tendzin complied, retaining nominal authority but effectively abdicating his teaching and leadership role. Senior Tibetan lamas were invited to Boulder to teach, and Vajradhatu began to connect again to a wider Tibetan religious tradition.

"This is a real turning point," said a relieved David Rome, a member of the board of directors. "This is a way to come together and feel basic unity, and to look at the issues that this crisis brought to the surface. This is not the end; really, it's the beginning," he said.

Tendzin's death, in August 1990, ended the debate over his spiritual authority and brought an end to the most tragic and divisive incident in recent Buddhist history.

After the Fall

As Vajradhatu struggles to pick up the pieces, other Buddhist sanghas, which have undergone similar crises, are likewise dealing with ways to heal their communities. In one of the most promising side effects, American teachers of Insight (vipassana) meditation have recently created a clear set of ethical standards for

to India and confronted an elderly, celibate Indian teacher who had sexually approached a young woman student during a retreat in Massachusetts. Kornfield, representing the Insight Meditation sangha, told the teacher he would have to openly discuss the incident in a community forum before he would be invited back to teach in the United States. It is one of the few cases where an American Buddhist community has confronted sexual boundary violations before they became unmanageable.

Richard Ingrasci, M.D. (Watertown, Massachusetts): In 1989, *The Boston Globe* reported that three women patients accused Ingrasci of fondling them during therapy sessions. Two of the women said they were molested while under the influence of psychotropic drugs, including MDMA, which the former medical editor of *New Age Journal* and holistic physician had lobbied Congress to legalize. Ingrasci surrendered his medical license, ending state disciplinary proceedings.

The Catholic Church in America: By the end of 1988, the Church had reportedly paid \$19 million to families who had accused priests of sexually molesting altar boys and other children. At issue was not the small number of pedophile priests, but the church's failure to protect children once problems were known. In several archdioceses, priests accused of molesting were quietly transferred to other parishes, where more children reported sexual abuse.

SYDA Foundation, Oakland, California: Shortly before his death in 1982, Swami Muktananda was accused by close disciples of repeatedly molesting young female devotees, some of them in their early teens.

teachers and a community board to oversee them.

In other Buddhist communities, however, where teachers have stonewalled accusations of misconduct, successive waves of dissenting students have departed. At San Francisco Zen Center, my own practice home, our teacher resigned under pressure. We brought in psychological consultants and learned to talk more honestly to each other, and adopted more democratic forms of decision-making. Even so, many students left. The meditation hall emptied. Friendships were broken, and some people lost the energy for spiritual practice. Our former teacher moved to Santa Fe and continued teaching; my husband and I moved to the suburbs. My black meditation robe still hangs in the back of my closet. I never lost faith in Buddhist teachings, but for some years I didn't know how to reconnect with them. Instead, I did what a friend called "remedial work," examining my personal history and the anger and self-righteousness I expressed when the scandal broke. I was among those who hoped to find a sanctuary within Buddhism for my personal wounds. But my culture and family history trailed me into my Buddhist community like a can tied to the tail of a dog.

I study with another Buddhist teacher now, and I constantly remind myself to

allow him - and me - to have imperfections. Once a month or so, I gather with others in a friend's living room to recite the lay Buddhist precepts.

Yet something of the past remains unfinished. My old teacher simply left when he could not bear his students' anger any more. I remember a senior priest saying at the time, "Students are expecting him to transform himself without safety. You can't learn a whole new way when you are under attack."

The bitterness from that unresolved schism still hurts, like a splinter working its way deeper into one's palm. A friend of mine, Yvonne Rand — an ordained Buddhist teacher who still participates closely in the community — said to me recently, "We're still struggling with the fallout of his departure. I don't think the shoe will fully drop until we find a way to be in the same room together. As long as there's a fear of having him around, there's a way people don't understand their part in the situation."

Welack rituals that would allow communities to acknowledge these crises and to heal them. I remember reading about the Full Moon Ceremony used by monks in the first few centuries after Buddha's death. On the eve of every full and new moon during the rainy season, monks would gather in the forest for a ritual called "confession before the community." There, they publicly recited the precepts, admitted their shortcomings, their violations and any damage they had done to their community.

If we reinstated such a quiet ritual, perhaps a brave, disgraced teacher might safely acknowledge his misconduct and the wounds that brought him to it. Perhaps the sangha could confess its deep disappointment and feelings of betrayal, and its participation in what had gone wrong. Perhaps the whole sangha could publicly apologize to the men or women who had been misused sexually or in other ways, and compensate them in some way.

After full acknowledgement and restitution, forgiveness might be possible and healing could begin. ☐

Katy Butler is a California-based freelance writer whose articles about Buddhism have been published in *The New Yorker*, *Utne Reader*, *Mother Jones* and *Yoga Journal*. She began meditating at San Francisco Zen Center in 1978. She was lay-ordained in 1990 into the Tiep Hien Order of Interbeing by the Vietnamese Zen teacher Thich Nhat Hanh.

Answers for CROSSWORD from page 21

B	A	B	A	G	O	A	L	S	P	A	I	D
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